

The three pillars of PE: (Ofsted PE research review)

- Motor competence - knowledge of the range of movements that become increasingly sport- and physical activity-specific
- Rules, strategies and tactics - knowledge of the conventions of participation in different sports and physical activities
- **Healthy participation** - knowledge of safe and effective participation



Short term impact and benefits of physical activity	EVFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Fitness and heart health	Fitness and heart health	Fitness and heart health	Fitness and heart health	Fitness and heart health	Fitness and heart health	Fitness and heart health
	I know that physical activity makes me stronger. I know that physical activity helps me get better at balancing, jumping, kicking, running etc. I know that I get tired and out of breath when I do physical activity. I know that physical activity can make me get hot and sweaty.	I know that my heart pumps blood around my body. I know that physical activity makes my heart beat faster. I know that physical activity keeps me healthy. I know that physical activity makes me breathe faster and harder. I know that physical activity might make me get out of breath and I will get hotter because my heart is pushing my blood around my body faster.	I know that the heart is a muscle and it needs to be used and kept healthy like other muscles in my body. I know that my muscles need to be warm before doing physical activity so that I don't injure them. Mental health I know that physical activity gives me opportunities to play with my peers and make new friends. I know that physical activity can make me feel more positive.	I know that the heart is a muscle about the same size as my fist. I know that my heart needs to be exercised regularly to keep it healthy. I know that my lungs breathe in oxygen and breathe out carbon dioxide. I know that my muscles need oxygen. I know that as I exercise, my muscles are working harder which means they need more oxygen, so I have to breathe harder and faster. I know that my body makes carbon dioxide and I make more of this as I exercise.	I know that my heart needs to be exercised regularly to keep it healthy both in the short term and the long term. I know that when I exercise, I need to breathe faster because my muscles need more oxygen as they are working harder. Mental health I know that physical activity can provide lots of opportunities to develop my social skills, confidence and help improve my self-esteem. I know that physical activity can help me to develop my leadership skills. Muscle and bone strength I know our muscles make our bones move during physical	I know that my heart pumps oxygenated blood from the lungs to my working muscles. The rate of this increases as the intensity of my exercise increases. I know that my heart pumps deoxygenated blood from the muscles back to the lungs. I know that aerobic exercise involves continuous movement fuelled by oxygen from the air we breathe. I know that anaerobic exercise involves short bursts of high-intensity movement fuelled by energy stored in your muscles. I know our muscles need oxygen to work during physical activity. As we are more active, we get fitter.	I know the objectives for healthy participation for Y5. Aerobic respiratory system I know that the aerobic respiratory system is responsible for producing the majority of our energy while our bodies are at rest or taking part in low-intensity exercise for long periods of time such as jogging or long-distance cycling. Anaerobic respiratory system I know that the anaerobic respiratory system supplies energy very quickly for sports such as vaulting in gymnastics or throwing a javelin where the activity only lasts a few seconds. This system breaks down glucose into lactic acid. Glucose is derived from carbohydrates. It produces energy very quickly. The anaerobic systems require oxygen to restore them which is called an oxygen debt. After taking part in exercise, a person continues to breathe more deeply and rapidly

	Mental health I know that physical activity is fun and makes me feel good. Concentration I know that physical activity helps me do my best in my lessons. Sleep I know that when I have done lots of physical activity it can make me really tired.	Mental health I know that I can play and learn skills with my friends. I know that it can make me feel happy. Concentration I know that regular physical activity is great for my brain as well as my body. Sleep I know that physical activity can help me sleep better at night.	Concentration I know that physical activity can make me focus for longer in my lessons. Sleep I know that physical activity can make it easier to get to sleep and helps create a good sleep cycle.	Mental health I know that physical activity allows me to develop my social skills so that I can make stronger friendship groups. I know that physical activity can help reduce my worries. Concentration I know that physical activity can help me focus on my school work because it is good for my brain as well as my body. Sleep I know that physical activity can 'keep me awake' during the daytime so that I sleep better at nighttime.	activity. When a muscle tightens it pulls the bones attached to it into a new position. I know that when we do more physical activity, our muscles become stronger and they can work harder. Our bones grow stronger too because physical activity puts pressure on them. Concentrate I know that physical activity makes my body release more of the chemicals which make it easier to focus. Sleep I know that doing regular physical activity can help reduce the chance of becoming overweight. This can help make it easier for people to sleep (especially when they are adults).	I know our lungs get better at taking in oxygen from the air. I know our hearts get stronger and better at pumping oxygen to our muscles through our blood. I know that muscles are working hard when I exercise so, my body needs more oxygen so my breathing rate has to increase. I know our bodies need oxygen when we exercise. We take in oxygen through our lungs. Our hearts pump blood all around the body, which carries oxygen to where it is needed. Mental health I know that physical activity is one way we can look after our mental health. When we exercise, our bodies release chemicals which make us feel good. These chemicals are called endorphins. Physical activity releases endorphins in our body that makes us feel good. Concentration I know that exercise also causes more blood to flow to my brain helping it to work better. I know that physical activity makes my body release more of the chemicals which make it easier to focus and even concentrate more with my school work! Sleep	than when at rest to take in additional oxygen to repay this oxygen debt. Controls Weight I know that people who have a sedentary lifestyle, tend to be taking in more calories than are needed. These unused calories accumulate as fat. Someone who is physically active may have a deficit of calories, which takes fat away and lowers weight. Decreased weight is good for the heart. Regulates Blood Pressure I know exercise can reduce stress levels. As the levels of stress in a person's body subsides, their blood pressure and risk for heart disease decline. Boosts Energy Levels I know regular exercise often makes people feel more energetic, allows them to be more active, and reduces the likelihood that they'll tire during the day. Enhances Emotional Well-Being I know that people report that they feel calm and have a sense of well-being after they exercise. Sleep I know that physical activity produce endorphins which help to reduce sleep problems.
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Long term impact and benefits of physical activity	Long term benefits I know that physical activity is good for my body now and when I get older. I know that physical activity is good for my heart.	Long term benefits I know that physical activity is important throughout my life as it will keep me healthy as I get older. I know that physical activity makes my bones and heart stronger.	Long term benefits I know that physical activity is important at all ages as it helps keep the body fit and healthy. I know that physical activity exercises my heart because it is a muscle. This means it will be healthier when I'm older.	Long term benefits I know that physical activity as a child and later helps me have a healthier body. It will mean that my heart and lungs are exercised regularly to keep them working effectively. I know that physical activity makes my heart, lungs and bones healthier now and later on in life when I'm an adult.	Long term benefits I know that physical activity has many long term benefits. It keeps my body healthy and helps to reduce many health problems in adulthood. Strengthens the Heart I know the heart is a muscle, and like other muscles, its performance improves when it's regularly challenged by exercise. Strengthens Bones I know that physical activity makes my bones stronger and this can be important as my body changes during adulthood.	Long term benefits I know that physical activity will help reduce the chance of getting many illnesses and diseases such as heart disease, weak bones and diabetes. Helps Keep Arteries and Veins Clear I know that physical activity helps keep my arteries and veins clear so that blood can travel through them faster and more easily. Reduces Blood Sugar Levels I know physical activity prevents sugar from building up in the blood by triggering muscles to take up more glucose from the bloodstream and use it for energy, this can lead to type 2 diabetes. Strengthens Bones I know that as muscles grow stronger when physically stressed, bones also respond by getting stronger.	Long term benefits I know that regular life-long physical activity can help reduce the chance of: heart disease, stroke, type 2 diabetes, many types of cancers, osteoarthritis (weak bones), dementia, depression. Helps Keep Arteries and Veins Clear I know exercise reduces the amount of harmful cholesterol and fats in a person's blood. It also increases the flexibility of the walls of blood vessels, and it helps to lower blood pressure. This can reduce a person's risk for heart attack and stroke. Makes the Lungs More Efficient I know that working hard increases lung capacity, as well as their efficiency in moving air in and out of the body. As a result, more oxygen is drawn into the body and more carbon dioxide and other waste gases are exhaled. Strengthens Bones I know that adults start losing bone mass in their 20s, but those who exercise regularly reach greater peak bone density (before the drop-off) than those who don't. I know increased bone density helps prevent osteoporosis, a condition in which bones lose density, weaken, and become porous and fragile.



PE Healthy Participation Progression Map



The wider curriculum	Wellbeing sessions I know how to keep my body and mind healthy. I know that it is important to do some exercise to keep my body healthy. I know that it is important to eat healthy foods so that I can keep my body healthy. I know that it is important to do things that I enjoy to keep my mind healthy. Reading (nonfiction) <i>Food, Glorious Food: This is How we Keep Healthy (DK books)</i> • I can follow instructions about keeping myself healthy (e.g. exercising). <i>Healthy bodies and Healthy Minds (NSPCC).</i>	Wellbeing sessions I know what we can do to keep healthy. I know why we need to wash our hands. I know how germs are spread and how they can affect our health. I know how to practise washing your hands. I know the differences between healthy and unhealthy choices. Reading (nonfiction) <i>My amazing body.</i> <i>I can recognize healthy choices and discuss ways that I can keep my body healthy.</i> Science Identify, name, draw & label the basic parts of body and say which part of the body is associated with each sense. Identify stages of human growth <i>Begin to recognise ways to keep healthy e.g. food, exercise and rest</i>	Wellbeing sessions I know that food is needed for our bodies to be healthy and to grow. I know that some foods are better for good health than others. I know the different types of healthy food. I know how to keep yourself and others healthy. I know the differences between healthy and unhealthy choices Science I can find out about and describe the basic needs of animals, including humans, for survival (water, food and air) I can describe the importance for humans of exercise, eating the right amounts of different types of food, drink, sleep and hygiene. Notice that animals, including humans, have offspring, which grow into adults. I can explain the word 'healthy' and talks about a human that is unhealthy.	Wellbeing sessions I know who we can accept medicine from I know the differences between healthy and unhealthy choices. Science I know the names of body parts including the names of private areas of girls and boys I understand the need for medicine and how to take this safely.	Wellbeing sessions I know what is meant by a balanced diet and plan a balanced meal. I know and can recognise how too much sugar, salt, and saturated fat in our food and drink can affect us now and when we are older. I know nutritional information on packaged food and can explain what it means. I know different ways to maintain a healthy lifestyle. Science I can identify that animal, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat I can identify that human and some other animals have skeletons and muscles for support, protection and movement. I can recognise the effect on the human body that eating too much / too little food than needed has I can suggest a healthy / unhealthy meal for a particular human	Wellbeing sessions I know some of the risks associated with smoking (physical, social, and legal) and name the addictive ingredient found in cigarettes, e-cigs, etc. I know how smoking can affect your immediate and future health and wellbeing. I know reasons why someone might start and continue to smoke. Science I can identify ways of staying healthy in relation to puberty and smoking.	Wellbeing sessions I know what is a risky choice. I know the risks associated with alcohol (+ drugs - extension) I know how alcohol can affect your immediate and future health. I know and recognise skills and strategies to keep safe. Science I can identify and name the main parts of the human circulatory system, and describe the functions of the heart, blood vessels and blood I can recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function I can describe the ways in which nutrients and water are transported within animals, including humans. I can describe the changes as humans develop to old age. I can describe the functions of the heart, blood vessels and blood. I can label a given diagram of the circulatory system using the words: heart, lungs, blood vessels, blood. I know that eating a balanced diet can help to keep the body healthy and recognises the main food groups (i.e. proteins, carbohydrates, fats, fibre, vitamins and minerals) and their functions, e.g. carbohydrates or energy. I can plan a diet suitable for a person with specific needs, e.g. for an athlete, an elderly person. I know the effects of exercise on the body, e.g. strengthens the heart and other muscles, strengthens bones, increases the body's ability to burn fat.
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Safe participation	I know that it is important to listen carefully to my teacher to keep me safe. I know that I have to follow the school rules. I know that I have to take my shoes and socks off when I do PE in the hall because the floor is slippery.	I know the school rules. I know that the school rules are there to keep me safe. I know that I must use the equipment as my teacher shows me. I know that we do a warm up in PE to warm our bodies up. I know that I have to get changed into my PE kit.	I know and follow the school rules. I know that we do a warm up in PE to get our heart beating faster and the blood pumping faster around my body. I know that I have to wear suitable clothing for PE. I know that I have to tie long hair back and either take earrings out or put tape on them to keep everyone safe in PE.	I know that I must follow the rules to keep me safe. I know that if I see someone doing something unsafe, I must tell an adult straight away. I know that a warm up warms my muscles ready for exercise so that I have less chance of 'pulling' them. I know that my heart beats faster and pumps the blood around my body quicker. I know that I have to get changed in PE to keep me safe and it's more hygienic.	I know that I must follow all instructions. I know that I must listen carefully to all instructions when swimming. I know that my muscles need more oxygen and so I will breathe faster and harder. This warms the muscles up and reduces the chance of injury. I know that a warm up prepares my mind for physical activity too.	I know that a warm up prepares our bodies for exercise. A warm up increases blood-flow; raises the body's temperature; and improves balance, flexibility and co-ordination.	I know my body temperature increases, blood vessels, including tiny capillaries, open up, increasing blood supply to the muscles. I know the blood releases more oxygen that you will need for your workout. I know my muscles contract more easily as they become warmer. I know my joints loosen up. I know my brain engages with the body. I know the difference between static and dynamic stretches and the importance of doing mixture during a warm up.