

Ready to Progress in Healthy Participation

EYFS	I know that physical activity makes me stronger, makes me feel good and is good for my heart.
1	I know that physical activity makes me feel happy, is good for my brain and makes my heart and bones stronger.
2	I know that physical activity helps create a good sleep cycle, helps me focus in my lessons and it's important at all ages as it helps keep my heart and body fit and healthy.
3	I know that physical activity can help reduce my worries, help develop my friendships and help make my heart, lungs and bones healthier now and later on in life when I'm an adult.
4	I know that physical activity can help develop my leadership skills, help reduce the chance of becoming overweight and can help reduce health problems in adulthood.
5	I know that a combination of aerobic and anaerobic exercise is good for my body and that endorphins are released during exercise which make me feel good.
6	I know many benefits of regular physical activity both for my body in the short-term and long-term.