

Physical Health and Fitness – Curriculum Overview

Statutory	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>The risks associated with an inactive lifestyle (including obesity).</p> <p>PHF1</p>	<p>What is physical activity?</p> <p>Share ideas of what they enjoy doing.</p>	<p>What is exercise?</p> <p>Discuss sports and clubs both in and out of school.</p> <p>How do they feel afterwards?</p>	<p>Why do we do PE in school?</p> <p>Talk about impact and benefits on bones. What is the difference between high impact and low impact activity?</p>	<p>Risks of inactivity – poor sleep, as not tired.</p> <p>Development of skeleton.</p> <p>Mental wellbeing</p>	<p>Risks associated with lower immune system and energy levels.</p>	<p>Links to obesity and type 2 diabetes.</p>	<p>Recap on benefits and risks.</p>
<p>The characteristics and mental and physical benefits of an active lifestyle.</p> <p>PHF2</p>	<p>Strengthen muscles and bones, heartrate – measuring fitness., regular exercise, moderate and vigorous, improve balance and co-ordination, healthy weight. Mental health – improve mood (endorphins), aid concentration, cognitive function (Oxygen to the brain), academic achievement, increase self-esteem, improve sleep, build resilience, support and reinforce friendship.</p> <p>Examples of exercise – daily and weekly.</p>						
<p>The importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.</p> <p>PHF3</p>	<p>What do they enjoy?</p> <p>Examples of exercise.</p>	<p>Discuss and encourage exercise.</p>	<p>Discuss and encourage exercise</p> <p>Link to Science: describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene</p>	<p>Discuss clubs both within and out of school they could join.</p> <p>What is a good amount of daily/weekly exercise?</p>	<p>Look at inspiring examples of physical achievement from a wide range of contexts.</p>	<p>Survey of daily/weekly activity.</p> <p>Can they incorporate a challenge to increase this?</p> <p>Share ideas on available sport – home/school/wider community.</p>	
<p>How and when to seek support including which adults to speak to in school if they are worried about their health.</p> <p>PHF4</p>	<p>Link to work on trusted adults and where to seek help.</p>			<p>Importance of getting advice from trusted adult, rather than friends.</p>	<p>Importance of getting advice from trusted adult, rather than friends.</p>	<p>Importance of getting advice from trusted adult rather than looking online.</p>	<p>Importance of getting advice from trusted adult rather than looking online.</p>