Learning pathway
supporting the personal development of the **whole child**

Pupils can lead a warm up

Pupils can lead an activity

Pupils understand the effects of exercise on our bodies

Pupils can encourage their partner during the circuits

Pupils understand why it is important to be healthy

Pupils continue to try and improve their own performance

Pupils enjoy being physically active

Pupils have developed their character and personal life skills

Year 1:
Health and Wellbeing
Introduce and explore agility
Introduce and explore balance
Introduce and explore coordination: Bouncing, rolling and throwing

Year 2:
Health and Wellbeing
Consolidate agility
Consolidate balancing: Explore balancing on apparatus
Introduce and explore coordination: Dribbling and kicking

Year 3:
Mindfulness
Exploring relaxation techniques
Performing and utilising meditative balances
Applying relaxation techniques and using them effectively

Year 4: Mindfulness
Creating and interpreting movements to help express ourselves and our emotions
Using mime to manage positive and negative emotions
Using mediative balances to help control and manage our emotions

Year 5:
Health Related Exercise
Introduce Cardiovascular Fitness
Introduce Flexibility Fitness
Introduce Strength Fitness

Year 6:
Health Related Exercise
Consolidate Cardiovascular Fitness
Consolidate Flexibility Fitness
Consolidate Strength Fitness

Foundation:
Games For Understanding
Taking Turns
Keeping the Score
Playing by the rules
Avoiding a defender
Preventing an attacker from scoring

Beyond KS2
Pupils are inspired, physically competent and confident
Pupils understand and succeed when implementing a broad range of skills
Pupils choose to seek healthy, active lifestyles

Learning Pathway
Health and Wellbeing into Health Related Fitness

Complete P.E.™
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