



Physical Education

Health and Wellbeing
Foundation

Unit Purpose

The unit of work will introduce pupils to the concept of **movement** and **exercise**, understanding why our heart beats faster and our **breathing** gets quicker when we exercise. Pupils will be introduced to the purpose of a **warm up** and will start to appreciate that exercise makes us feel happier and better about ourselves.

Inspire Me

Did you know... the size of a human heart is about the size of your fist. It takes about 60 seconds for blood to travel from our heart around our entire body.



Key Success Criteria

- P** Pupils will be able to work hard and keep moving their bodies in a variety of ways to make their heartbeat and breathing faster.
- C** Pupils will start to understand the changes that happen in their body when they exercise. Pupils will know why this is important to keep healthy.
- S** Pupils will be able to demonstrate life skills such as empathy. Pupils will support others to try their hardest throughout and help others if they do not understand.
- W** Pupils will show self-belief by being brave and continuing to try their hardest throughout, even if they find the activities challenging.



Vocabulary for Learning

Exercise: Exercise is being physically active while playing a game or performing an activity.

Movement: Is when our body changes position, place or posture.

Heart: Our heart is a muscle that pumps blood around our body.

Heartbeat: Our heartbeat is the regular movement or sound that our heart makes as it sends blood around our body.

Breathing: Is the process of moving air into and out of our lungs.

Oxygen: Is a gas that we breath into our lungs. Oxygen is our bodies energy.

Warm Up: A warm-up is a short activity or exercise that is undertaken prior to a more intense physical activity or sport. The aim of a warm-up is to prepare our bodies both physical and mentally for more intense physical activity or a sport.





Physical Education

Health and Wellbeing
Year 1

Unit Purpose

The unit of work will introduce pupils to **agility, balance** and **co-ordination**, understanding what they mean and why they are important.

Pupils will perform **circuits** to develop their **application** and understanding.

Inspire Me

"When it comes to **health and well-being**, regular exercise is about as close to a magic potion as you can get."

By Nhat Hanh a Vietnamese Monk



Key Success Criteria

- P** Pupils will move showing agility, be able to remain balanced and apply coordination in activities and within circuit challenges.
- C** Pupils will demonstrate a basic understanding of agility, balance and coordination and why they are important.
- S** Pupils will develop life skills such as empathy and fairness as they collaborate with their partners and support each other to complete the circuits.
- W** Pupils will demonstrate honesty and self belief as they try their hardest to improve their performances and keep their score.



Vocabulary for Learning

Attacker: We are considered an 'attacker' when we or our team are in possession of the ball or in control of the ball. We are also an attacker when we are trying to avoid being caught by a defender.

Defender: We are considered a 'defender' when we are not in possession of the ball or we are trying to catch an attacker.

Agility is the body's ability to move quickly and easily in different directions.

Balance: Is the even distribution of weight enabling someone or something to remain upright and steady.

Coordination: Is the ability to use different parts of the body together efficiently.

Hand-eye coordination: is the ability to use our hands and eyes at the same time to perform and accomplish a given task, such as catching a ball.

Throwing: means using your arm/hand to propel a ball with force through the air to a specific target or area.

Aiming: means how we use our bodies to direct a ball or an object to a specific target.





Physical Education

Health and Wellbeing
Year 2

Unit Purpose

The unit of work will consolidate pupils' understanding of **agility, balance** and **co-ordination**, applying these elements of fitness in a variety of activities.

Pupils will perform circuits, understanding how **motivation** can enhance **performance**.

Inspire Me

"Never let your head hang down. Never give up and sit down, always try to find another way."

By Satchel Paige a Baseball Player



Key Success Criteria

- P** Pupils will move showing refined agility, balance and coordination, applying these elements of fitness in activities and within circuit challenges.
- C** Pupils will demonstrate a strong understanding of agility, balance and coordination and why they are important.
- S** Pupils will apply life skills such as empathy and fairness as they collaborate with their partners and motivate each other to complete the circuits.
- W** Pupils will apply honesty and self belief as they continue to improve their performances and keep their score.



Vocabulary for Learning

Attacker: We are considered an 'attacker' when we or our team are in possession of the ball or in control of the ball. We are also an attacker when we are trying to avoid being caught by a defender.

Defender: We are considered a 'defender' when we are not in possession of the ball, or we are trying to catch an attacker.

Agility is the body's ability to move quickly and easily in different directions.

Balance: Is the even distribution of weight enabling someone or something to remain upright and steady.

Coordination: Is the ability to use different parts of the body together efficiently.

Dribbling: is a method of moving with the ball using our hands or feet. The attacker in possession of will continuously bounces the ball with their hands or kick the ball keeping it close to them with their feet.

Warm Up: Before taking part in a physical activity or a sport we need to prepare our body and mind for that activity. One of the reasons for a 'warm up' is to reduce the risk of injuring a muscle.

