

Fitness

		Year 1	Year 2	Year 3	Year 4
Physical	Cardiovascular	Activities which raise heart rate e.g. running, skipping, dancing. There are some ideas here but this list is not exhaustive. https://www.acefitness.org/education-and-resources/professional/expert-articles/5648/fitness-games-for-kids			
	Strength	Activities which develop strength using child's own body weight. Include a range of body parts i.e. arms and legs and static and dynamic strength. There are some ideas here but this list is not exhaustive. https://www.parents.com/fun/sports/exercise/strength-training-exercises-for-kids/			
	Balance	Activities which improve balance – both dynamic and static. There are some ideas here but this list is not exhaustive. https://www.pinkoatmeal.com/balance-exercises-for-kids/			
Cognitive		Describe changes to body after exercise	Explain how fitness activities contribute to health.	Choose a selection of exercises to develop different components of fitness	Understand own level of fitness and choose an area to improve.
Health and Wellbeing	Fitness Character Safety Emotional well-being	Enjoy participating Participate safely	Develop upper body and core strength	Practise to improve (resilience)	Participate in an average of 60 minutes of physical activity per day
Personal	Interactions Rules Teams Personal best	Have confidence to perform	Encourage others to work hard	Record own scores accurately	Practise to improve own fitness level