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| PE FLE Y1/2 Being Healthy | | |
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| |  | | --- | | **Knowledge** | | Keeping healthy means caring for your body so you have enough energy to learn, play and grow. FF | | Regular sport and exercise help us to stay healthy. FF | | Before we begin any sport or exercise, we need to warm up to prepare our bodies and to avoid hurting our muscles. FF | | At the end of any exercise or sport, we need to cool down to help our bodies recover. FF | | Everyone should have their ‘5 a day’ – this means five portions of fruit and vegetables, to get the right amount of nutrients. FF | | All foods contain nutrients which your body needs to stay active throughout the day. Some foods have more nutrients than others. FF | | It's important not to eat too much sugar and salt: sugary foods are bad for your teeth and salty foods can lead to heart disease. FF | | Being active means physical activity like sport and mental activity like completing wordsearches. | | Mindfulness helps us to be calm and quiet which is good for our well-being. | | |  | | --- | | **Exciting Books** | |  | | | | | |  |  | | --- | --- | | **Subject Specific Vocabulary** | | | healthy | keeping healthy means doing things that are good for your body – things like eating nutritious foods, exercising, brushing your teeth and getting enough sleep | | exercise | to be physically active | | active | to move | | control | to be in charge of your body movements | | coordination | the ability to use different body parts together smoothly | | agility | to change the direction of your body movement quickly and easily | | flexibility | to have the full range of movement in your body |  |  | | --- | | **Skills** | | Explore, copy and repeat simple skills and actions | | Understand the importance of being active. | | Talk about how to exercise safely. | | Begin to move with increasing control and care | | Make simple moves with increasing control and coordination | |
| Our Endpoint  To complete a workout applying all three key skills of agility, control and coordination. |