|  |
| --- |
| PE FLE Y1/2 Being Healthy |
|    |
|

|  |
| --- |
| **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 EndpointTo complete a workout applying all three key skills of agility, control and coordination. |