

Health Related Exercise

Cardio Fitness 1
Flexibility
Strength
Cardio Fitness 2

Year 6

Respect
Evaluation
Self Motivation

Year 5

Health Related Exercise

Cardio Fitness 1
Flexibility
Strength
Cardio Fitness 2

Integrity
Resourcefulness
Self Discipline
Reflection

Year 4

Health, Wellbeing & Mindfulness*

Mental well being
Mindfulness
Leadership

Exploring cool downs

*Coming to Complete P.E. soon.

Decision Making
Responsibility
Communication
Trust

Year 3

Health, Wellbeing & Fitness*

Exploring warm ups
Continuous training
Interval training

*Coming to Complete P.E. soon

Cooperation
Encouragement
Problem Solving
Resilience

Year 2

Health and Wellbeing

Consolidate agility
Consolidate balancing:
Explore balancing on
apparatus
Introduce and explore
coordination: Dribbling and
kicking

Courage
Empathy
Self Belief
Concentration
Imagination

Year 1

Health and Wellbeing

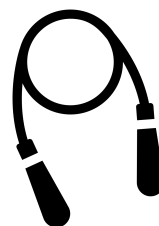
Introduce and explore agility
Introduce and explore balance
Introduce and explore
coordination: Bouncing,
rolling and throwing

Gratitude
Curiosity
Fairness
Honesty

EYFS

Health and Wellbeing

Play with friends
Take turns/sharing



Health and Wellbeing
Learning Ladder