

## P.E and Sport Knowledge across the whole school



### Year 3

- Can they explain why it is important to warm-up and cool-down?
- Can they identify some muscle groups used in gymnastic activities?

### Year 4

- Can they explain why warming up is important?
- Can they explain why keeping fit is good for their health?

### Year 5

- Can they explain some important safety principles when preparing for exercise?
- Can they explain what effect exercise has on their body?
- Can they explain why exercise is important?

### Year 6

- Can they explain how the body reacts to different kinds of exercise?
- Can they choose appropriate warm ups and cool downs?
- Can they explain why we need regular and safe exercise?