



## Swimming

Jump in from the poolside safely.

*I can jump into the pool with confidence.*

Blow bubbles underwater with nose and mouth submerged.

*I can blow bubbles with my mouth and nose underwater.*

Regain upright position from a back or front float.

*I can put my feet on the bottom after floating on my front or back.*

Push and glide on the back from the side of the pool.

*I can push off from the side of the pool and float on my back.*

Perform a 360 degree rotation from front to back and back to front.

*I can float on my front, spin onto my back and then back onto my front again.*

## Diet and Hygiene

Identify different foods that contain vitamins A B and C and understand the importance of having the right amounts.

*I can say why vitamins A, B and C are important and give examples of foods that contain them.*

Identify the 5 types of food that make up a balanced diet and begin to give examples of these.

*I know about the 5 main food groups and can give examples of these.*

Understand the difference between an illness, symptom and a prescription.

*I know what an illness is, and that a symptom is a sign of that illness. The doctor can give me a prescription for some medicine to help cure the illness.*

Understand the importance of maintaining your teeth.

*I know why I need to take care of my teeth.*

## Healthy Bodies

Identify and name some large bones and muscles and explain why they are important.

*I can name some of the bones and muscles in my body and say why they are important.*

Identify the importance of our senses and explain how they help us.

*I know what my senses are and can explain how they help me.*

Understand that the heart is a muscle which grows during exercise and pumps blood carrying oxygen and energy around the body.

*I can describe the main functions of the heart.*

Understand that food is broken down into energy in our digestive system

*I understand that food gives me energy as I digest it.*

Identify ways we can increase our own bodies protection.

*I can list ways to help protect my body.*

## Healthy mind

Begin to recognise emotions in others.

*I can tell when other people are happy, sad, worried, etc.*

Offer suggestions as to how to alter a negative emotion.

*I can suggest ways of making someone happier if they are sad.*

Explain the reasons why a target has or has not been met.

*I can give reasons why I have been successful or why I have failed in a task.*



### Personal and social

Understand the difference between fair and unfair.

*I know when someone is being treated fairly or unfairly.*

State the characteristics of a good friend.

*I know what makes a good friend.*

Understand that some relationships can be challenging at times.

*I know that sometimes I can disagree and fall out with people but that breakdowns in relationships can also be repaired.*

Explain his/her own relationships with family members.

*I can explain the different relationships within my family.*

### Applying skills and using tactics

Structure sequences of actions and skills in different orders to improve performance (speed / direction / level / etc.)

*I can select the most appropriate skills and actions to perform at my best.*

### Evaluating and improving performance

Compare his/her performance with others.

*I can say how well I have done compared to others.*



### Acquiring and developing skills

Zig zag through a series of tightly spaced markers.

*I can run in between posts placed in a long line bending my legs and body to help me change direction.*

Hop along a straight line using the same foot.

*I can hop on one leg from one place to another, using my arms to help me balance, without putting my other foot down.*

Jump for distance controlling the landing.

*I can jump a long distance using my arms and legs to help push me forward and landing safely with my knees bent and my feet together.*

Jump for height with a controlled landing.

*I can jump high, bending my knees and swinging my arms to help move me higher and land with knees and ankles bent.*

Catch a small ball.

*I can catch a tennis ball by placing my body in line to meet the flight of the ball and I cup my hands so the ball cannot bounce out.*

Throw a small ball overarm, using the correct technique.

*I can throw a small ball overarm, over a longer distance, using my arms and body, to accurately reach a target.*