

### Swimming

Perform a sequence of changing shapes whilst floating on the surface.

*I can change my shape or position whilst floating in water.*

Swim approx. 10m using a range of different strokes (back / breast / front crawl).

*I can swim for a minimum of 10m using my preferred stroke.*

### Diet and Hygiene

Explain the types and amounts of food needed for a balanced healthy diet.

*I know the main food groups and how I need to eat a balanced amount of these to keep healthy.*

Identify the energy that certain foodstuffs give by looking at the packaging.

*I know that the packaging of most food tells me how much energy it contains.*

Understand that there are good and bad bacteria.

*I know that some bacteria helps me stay healthy and other bacteria can be harmful.*

Explain the benefits to the body of regular exercise.

*I know that exercise can help keep my body fit, active and stronger.*



### Healthy Bodies

Identify that the blood transports materials and it also protects.

*I know how my blood protects my body by transporting different materials around it.*

Identify the main features of respiration.

*I understand how the lungs are the main organs that help me breathe and the air is taken in through the windpipe.*

Understand that muscles work in pairs to protect, support and move the body.

*I know how muscles work in pairs to help move different parts of the body.*

Understand the three functions of a skeleton and use scientific vocabulary to name specific bones.

*I know that the skeleton supports my body, helps me to move and protects my organs.*

### Healthy mind

Identify stress and stressful situations.

*I know what can cause people to be upset or worried.*

Understand the importance of mental health.

*I understand that it is important I feel good about myself.*

Identify basic 'coping strategies' for dealing with difficult emotions.

*I can suggest ways of dealing with difficult situations and emotions.*

Identify the value of sleep for our health.

*I know that sleep helps me keep healthy.*



### Personal and social

Identify ways to make himself/herself happy and share happiness.

*I know what makes me happy and how to help others to feel happy too.*

Discuss differences between the health of people from different countries / regions.

*I know that peoples' health can vary depending on where they are in the country / world.*

### Applying skills and using tactics

Apply skills and tactics in combination with a partner or as part of a group / team.

*I can support teammates or a partner in different sports and games using tactics and skills to our advantage.*

### Evaluating and improving performance

Comment on skills and techniques applied in his/her own and others' work and use this understanding to improve performance.

*I can improve my performance by considering how others have performed.*

### Acquiring and developing skills

Complete a forward roll and land on the feet.

*I can do a forward roll in a straight line and end up on my feet.*

Skip forwards in a fluid motion.

*I can skip forwards in a rhythmical movement swinging my arms in the opposite direction to my legs.*

Kick a ball accurately.

*I can kick a football accurately using my body to balance and help power the kick.*

Pass a ball from chest height to a partner.

*I can perform a chest pass accurately to a partner.*

