



PE		Year 1	
Focus: Fitness			
Age related vocabulary			
exercise	Moving our bodies to improve fitness	healthy	Keeping our bodies in good condition
mood	How we are feeling	heart	The part of our bodies which pumps blood around our bodies
lungs	The part of our bodies which helps us to breathe	oxygen	We need oxygen in our lungs to breathe

Carlton Assessment Grid			
Success Criteria	Pupil Reflection		Teacher Assessment
I can develop knowledge about how exercise can make you feel.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can develop knowledge about how exercise can make you strong and healthy.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can develop knowledge about how exercise relates to breathing.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can develop my understanding of how exercise helps my brain.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can develop my understanding of how exercise helps my muscles.	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can begin to understand the importance of daily exercise.	Before <input type="checkbox"/>	After <input type="checkbox"/>	

Key Knowledge
<p>We do exercise to stay fit and healthy.</p> <p>Fast exercise keeps our bodies busy and makes our hearts beat faster. Slow exercise makes our bodies calm and makes our heart beat slower.</p> <p>Both types of exercise can improve our mood and make us feel happier.</p> <p>We need to do exercise regularly to help our brain and muscles stay healthy.</p>