

Knowledge & Understanding	
Year 1	Children can describe what happens to their body when they exercise. They can describe the movements they are completing. Children can work in group settings.
Year 2	Children can explain what happens to their body when they exercise and understand that physical activity is important. They understand the movements they are completing during physical activity.
Year 3	Children can describe how physical activity benefits their health. They can describe movements they are working on, contributing and listening to others' views in a class setting.
Year 4	Children can begin to explain the benefits of physical activity. They can explain their movements in individual and team settings, occasionally contributing ideas and listening to others.
Year 5	Children can describe and understand how physical activity will benefit their holistic health. They can evaluate their movements and recognise where they are being successful. Children can work individually and with others, contributing ideas and respecting the views of others.
Year 6	Children can explain and understand how physical activity is essential to their holistic health and future life. They can analyse all aspects of movement, explain their strengths and areas for improvement, and have confidence working individually and in team situations, offering ideas and views but respecting others thoughts in competitive and non-competitive situations.