

PE - Fitness  
Kingfishers - Yr 1

Enquiry Questions

*Can I develop knowledge of how exercise can make me feel?*

*Can I develop knowledge about how exercise can make me strong and healthy?*

*Can I develop knowledge about how exercise relates to breathing?*

*Can I develop my understanding of how exercise helps my brain?*

*Can I develop my understanding of how exercise helps my muscles?*

*Can I begin to understand the importance of daily exercise?*

Vocabulary

exercise  
mood  
heart  
healthy  
lungs  
body  
oxygen

National Curriculum Links

*Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.*

*They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.*

*Pupils should be taught to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.*

Questions to Consider...

*Can you notice a difference in how exercise makes you feel physically?*

*How does your body feel after exercise?*

*What changes can you notice in your body after you exercise?*

*What part of your body can you feel working?*

*What do you notice about your breathing?*

*PE Value for the half term : Equality & Diversity and Resilience*