



Active Lifestyles

1. Introduction to the principles of playing cooperatively.
2. Interact with activities and games involving rules.
3. Move in time to music.
4. Opportunity to handle a range of equipment but also to engage with activities involving no equipment.
5. Engage with an active lifestyle across the curriculum and at home.

1. Begin to recognise the importance of an active lifestyle.
2. Engage with a range of individual and small-sided activities.
3. Identify key role-models that represent a physically active lifestyle.
4. Continue to develop a wide range of movement including flexibility.
5. Engage with an active lifestyle across the curriculum and at home.

1. Create a set of rules for a new playground game.
2. Engage with activities from other cultures.
3. Reflect upon their own strengths and weaknesses in relation to physical activities.
4. Suggest music that would compliment an activity
5. Engage with an active lifestyle across the curriculum and at home.

1. Engage confidently with a range of activities, demonstrating agility, balance and coordination.
2. Become an active lifestyle role-model for other children.
3. Encourage others to take part based on the importance of an active lifestyle.
4. Lead children and adults within a small-sided game.
5. Engage with an active lifestyle across the curriculum and at home.

EYFS

Y2

Y4

Y6

Y1

Y3

Y5

1. Develop the ability to copy skills and actions.
2. Engage with a range of competitive and non-competitive activities.
3. Extend their agility, balance and coordination skills.
4. Understand the importance of taking part and encourage others to take part as well.
5. Engage with an active lifestyle across the curriculum and at home.

1. Follow rules independently to engage with an activity.
2. Develop communication skills through the opportunity to lead others.
3. Learn and then lead a range of activities involving no equipment.
4. Recognise the importance of effective collaboration within activities
5. Engage with an active lifestyle across the curriculum and at home.

1. Continue to develop agility, balance and coordination within a range of independent and small-sided games.
2. Lead younger children within an activity.
3. Celebrate success and identify ways to improve.
4. Create rules for a game around a single item of equipment.
5. Engage with an active lifestyle across the curriculum and at home.

Thoughtfulness and Respect