



Yew Tree Primary School Fitness Key Knowledge Progression

Idea	Aspect	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6																						
Physical Education	Fitness	Describe how the body feels when still and when exercising.	Describe how the body feels before, during and after exercise.	Recognise and describe how the body feels during and after different physical activities.	Recognise and describe the effects of exercise on the body.	Describe how the body reacts at different times and how this affects performance.	Know and understand the reasons for warming up and cooling down.	Understand the importance of warming up and cooling down.																						
		<p style="text-align: center;"><u>Running</u></p> <p>Teach children to run a 20m distance without stopping. Encourage them to persevere and see if they can increase their speed.</p>	<p>Carry and place equipment safely.</p> <p style="text-align: center;"><u>Beep test level targets</u></p> <p>Children to work towards running (without stopping) for 2 minutes and 7 seconds = level 2</p>	<p>Explain what they need to stay healthy.</p> <p style="text-align: center;"><u>Beep test level targets</u></p> <p>Children to be able to run (without stopping) for at least 2 minutes and 7 seconds/level 2</p>	<p>Know the importance of strength and flexibility for physical activity.</p> <p>Explain why it is important to warm-up and cool-down.</p> <p style="text-align: center;"><u>Beep test level targets</u></p> <table border="1"> <tr><td>Excellent</td><td>5</td></tr> <tr><td>Average</td><td>4</td></tr> <tr><td>Below</td><td>3</td></tr> </table>	Excellent	5	Average	4	Below	3	<p>Explain why exercise is good for your health.</p> <p>Know some reasons for warming up and cooling down.</p> <p style="text-align: center;"><u>Beep test level targets</u></p> <table border="1"> <tr><td>Excellent</td><td>6</td></tr> <tr><td>Average</td><td>3</td></tr> <tr><td>Below</td><td>2</td></tr> </table>	Excellent	6	Average	3	Below	2	<p>Explain some safety principles when preparing for and during exercise.</p> <p style="text-align: center;"><u>Beep test level targets</u></p> <table border="1"> <tr><td>Excellent</td><td>7</td></tr> <tr><td>Average</td><td>4</td></tr> <tr><td>Below</td><td>3</td></tr> </table>	Excellent	7	Average	4	Below	3	<p>Understand why exercise is good for health, fitness and wellbeing.</p> <p>Know ways they can become healthier.</p> <p style="text-align: center;"><u>Beep test level targets (age10-11)</u></p> <table border="1"> <tr><td>Excellent</td><td>9-10</td></tr> <tr><td>Average</td><td>6</td></tr> <tr><td>Below</td><td>5</td></tr> </table>	Excellent	9-10	Average	6
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Beep test levels/duration time of running.

Level	Time
1	1:03
2	2:07
3	3:08
4	4:12
5	5:14
6	6:20
7	7:22
8	8:28
9	9:32
10	10:32

