

RHE coverage through PE	
Physical health and fitness	Mental wellbeing
<p><b>A. *The characteristics and mental and physical benefits of an active lifestyle.</b></p> <p><b>B. *The importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.</b></p> <p><b>C. *The risks associated with an inactive lifestyle (including obesity).</b></p> <p><b>D. *How and when to seek support including which adults to speak to in school if they are worried about their health.</b></p>	<p><b>A. *That mental wellbeing is a normal part of daily life, in the same way as physical health.</b></p> <p><b>E. The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.</b></p>
<ul style="list-style-type: none"> <li>• <b>Not covered</b></li> </ul>	
Year 3	
Unit 2-Social	<p>Show patience and support others, listening well to them about our work. Show and tell others about ideas</p> <p>Cooperate well with others and give helpful feedback. Help organise roles and responsibilities and can guide a small group through a task</p>
Unit 1-personal	<p>Try several times if at first I don't succeed and ask for help when appropriate</p> <p>Know where I am with my learning and begin to challenge myself</p> <p>Cope well and react positively when things become difficult. Persevere with a task improve performance through regular practice</p>
Unit 6-health and fitness	<p>Say how my body feels before, during and after exercise. Use equipment appropriately and move and land safely</p> <p>Describe how and why body feels during and after exercise. Explain why we need to warm up and cool down</p> <p>Describe the basic fitness components and explain how often and how long I should exercise to be healthy.</p>
Year 4	
Unit 1-personal	<p>Try several times if at first I don't succeed and I ask for help when appropriate</p> <p>Know where I am with my learning and I have begun to challenge Myself</p> <p>Cope well and react positively when things become difficult. Persevere with a task and improve my performance through regular practice</p>
Unit 2-social	<p>Help, praise and encourage others in their learning</p> <p>Show patience and support others, listening well to them about our work. Show and tell others about ideas</p> <p>Cooperate well with others and give helpful feedback. Help organise roles and responsibilities and guide a small group through a task</p>

Unit 6-health and fitness	<p>Say how body feels before, during and after exercise. Use equipment appropriately and move and land safely</p> <p>Describe how and why body feels during and after exercise. Explain why we need to warm up and cool down</p> <p>Describe the basic fitness components and explain how often and how long I should exercise to be healthy. Record and monitor how hard I am working</p>
Year 5	
Unit 5-health and fitness	<p>Static Balance: Stance FUNS Station 4 Coordination - Footwork FUNS Station 10</p> <p>Describe the basic fitness components and explain how often and how long I should exercise to be healthy. Record and monitor how hard I am working</p> <p>Self select and perform appropriate warm up and cool down activities. Identify possible dangers when planning an activity</p> <p>Explain how individuals need different types and levels of fitness to be more effective in their activity/role/event. Plan and follow my own basic fitness programme</p>
Unit 6-personal	<p>Cope well and react positively when things become difficult. Persevere with a task improve performance through regular practice</p> <p>See all new challenges as opportunities to learn and develop. Recognise strengths and weaknesses and can set appropriate targets</p> <p>Create own learning plan and revise that plan when necessary. Accept critical feedback and make changes</p>
Unit 3-socail	<p>Cooperate well with others and give helpful feedback. Help organise roles and responsibilities and guide a small group through a task</p> <p>Give and receive sensitive feedback to improve myself and others. Negotiate and collaborate appropriately</p> <p>Involve others and motivate those around me to perform better</p>
Year 6	
Unit 5-fitness	<p>Describe the basic fitness components and explain how often and how long I should exercise to be healthy. Record and monitor how hard I am working</p> <p>Self-select and perform appropriate warm up and cool down activities. Identify possible dangers when planning an activity</p> <p>Explain how individuals need different types and levels of fitness to be more effective in their activity/role/event. Plan and follow my own basic fitness programme</p>
Unit 6-personal	<p>Cope well and react positively when things become difficult. Persevere with a task improve performance through regular practice</p> <p>See all new challenges as opportunities to learn and develop. Recognise strengths and weaknesses and can set appropriate targets</p> <p>Create own learning plan and revise that plan when necessary. Accept critical feedback and make changes</p>

Unit 3-social

Cooperate well with others and give helpful feedback. Help organise roles and responsibilities and guide a small group through a task

Give and receive sensitive feedback to improve myself and others.  
Negotiate and collaborate appropriately

Involve others and motivate those around me to perform better