Prepare Plan my myself for own activity fitness Create development I can explain how individuals need I can self select and different types and perform appropriate levels of fitness to be more effective in their Matu nb aug cool real PE activity/role/event. down activities. I can identify possible I can plan and follow my own basic fitness dangers when planning an brodrawwe. activity. Explain how to exercise I can describe Practise the basic fitness safely components and explain how often and how long I should I can describe exercise to be healthy. how and why my I can record and monitor body changes I can say how during and after how hard I am my body feels before, during exercise. I can working. and after exercise. explain why we Explain I use equipment need to warm appropriately and why nb aud cool move and land down. safely. Describe simple real changes Explain Health and an estimate the second sec the benefits of exercise law awate of why exercise is important for I am aware of good health. the changes to the way I feel when l exercise. realPE.co.uk

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