

	ACTIVE – Keeping active and playing safely
Rec	<p>Moving around is good for my body, brain and well-being</p> <p>I move my body in lots of ways, I walk, I jump and I run. I know that this good for my body as it makes me fit. I know being active is fun and makes me feel good and makes me happy. I love running!</p>
Y1	<p>To play safely and nicely</p> <p>I love to be active and play with my friends in school. We have to be nice when we play with each other – that means being kind, sharing and being safe. I love playing tag!</p>
Y2	<p>To be able to do independent physical activity</p> <p>I can be active on my own. I don't need to have an adult or my friends with me to be active. Sometimes in school or at home I can skip by myself. I love skipping!</p>
Y3	<p>To play as part of a group</p> <p>A lot of the games we play are as part of a group, either at play time or in PE. We have to learn to be part of a team and work together. We have to learn to play nicely against other teams as well. Being part of a team and playing nicely makes you feel good. I love parachute games!</p>
Y4	<p>To try lots of different physical activities</p> <p>In PE we have tried lots of different games and sports such as tennis and dance. I am not afraid to new sports even if I think I will not like or be good at them. When we try new things it is good for us even if we find them hard. Outside of school I go to dance. I love dancing!</p>
Y5	<p>To have a physical activity that you enjoy and makes you feel good</p> <p>I have tried and like lots of different sports like tennis, rugby and swimming. When I play sports it makes me feel good but when I play basketball I feel even better. I love football and being a member of a team with my friends is just so much fun. I look forward to playing so I am in a good mood the days I have training or a match. I enjoy playing as I just love the rush of running round and trying my hardest and being with my team mates and then I'm buzzing after I play ... even if we got beat!</p>
Y6	Understand the importance of physical health and how it helps well-being

	<p>Being physically fit is so important and sport plays an important part of my life, having a healthy body is a good step towards having a healthy mind. "Feel-good" chemicals in the brain, known as endorphins, are released by the brain during physical activity and help to improve mood, energy levels and even sleep. Together, these positive effects help to improve self-confidence and resilience.</p> <p>I love so many different ways of keeping active, I enjoy team sports whether it is in PE or at play times, I like taking my dog for a walk, playing out on my bike or scooter but my favourite has to be swimming with my friends, we have such a great time!</p>
Rights and Responsibilities	To play and play safely and nicely