



Physical Health and Fitness

Curriculum Links:

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>



Key Facts:

- The characteristics and mental and physical benefits of an active lifestyle.
- 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.
- The risks associated with an inactive lifestyle (including obesity).
- How and when to seek support including which adults to speak to in school if they are worried about their health.

Key Vocabulary

Active	Engaging or ready to engage in physically energetic pursuits
Exercise	Activity requiring physical effort, carried out to sustain or improve health and fitness
Health	The state of being free from illness or injury
Inactive	Not engaging in or involving any or much physical activity
Lifestyle	The way in which a person lives
Obesity	The state of being over weight or fat

Possible experiences: We should already know:

- Link to PE lessons
- Creating a healthy lifestyle routine/ timetable
- What happens to your body during exercise
- Know the importance of good health and physical exercise
- They manage their own basic needs