



Warm up progression statements		
Year group	PE warm up progression	Science curriculum link
EYFS	To introduce the concept of warming up. <i>Pupils to explore the short-term health benefits within their PE unit.</i>	EYFS framework.
Year 1	To know that they warm up before a PE lesson. <i>Pupils begin to demonstrate an understanding of the short-term health benefits of their PE unit and the exercises within it</i>	Link to Year 1 science learning regarding 'parts of the human body'.
Year 2	To know they need to warm up and begin to understand how to. <i>Children can demonstrate an understanding of the short-term benefits of their PE unit and the exercises within it.</i>	Link to Year 2 science learning regarding 'air' and 'importance of exercising'.
Year 3	Beginning to demonstrate an understanding of why we warm up and the impact it has on our body. <i>Children can demonstrate an understand of the short-term health benefits of their PE unit and the exercises within it and begin to explain why they are important.</i> <i>Children can begin to demonstrate an understanding of the long-term health benefits of their PE unit.</i> <i>Pupils are beginning to demonstrate an understanding of the vocabulary aerobic and how it relates to their PE unit.</i>	Link to Year 3 curriculum 'skeletons and muscles for support, protection and movement' and their importance during exercise.
Year 4	Demonstrates an understanding of why we warm up and the impact it has on our body.	Link to Year 3 curriculum 'skeletons and muscles for support, protection

	<p><i>Children can demonstrate an understanding of the short-term health benefits of their PE unit and the exercises within it and explain why they are important.</i></p> <p><i>Children demonstrate an understanding of the long-term health benefits of their PE unit.</i></p> <p><i>Pupils demonstrate an understanding of the vocabulary aerobic and how it relates to their PE unit.</i></p>	<p>and movement' and their importance during exercise.</p> <p>Links with Y4 Digestion – understand how physical activity helps with the digestion process.</p> <p>Beginning to use the vocabulary heart, blood and oxygen and muscles when talking about warming up.</p>
Year 5	<p>Pupils can confidently explain why we warm up, the impact it has on our body and link with their previous learning.</p> <p><i>Children can explain the short-term and long-term health benefits of their PE unit and the exercises within it and explain why they are important.</i></p> <p><i>Children can begin to demonstrate an understanding of how exercises and health benefits of one PE unit link with another.</i></p> <p><i>Pupils demonstrate an understanding of the vocabulary aerobic and how it relates to their PE unit.</i></p> <p><i>Pupils are beginning to demonstrate an understanding of the vocabulary anaerobic and how it relates to their PE unit</i></p>	<p>Links to 'changes as humans develop to old age.' Pupils aware about the importance of warming up especially as we get older.</p> <p>Pupils using vocabulary the vocabulary heart, blood and oxygen and muscles when talking about warming up.</p>
Year 6	<p>Pupils can confidently explain why we warm up using scientific vocabulary, the impact it has on our body and link with their previous learning.</p> <p><i>Children can confidently demonstrate the short-term and long term-term health benefits of their PE unit and the exercises within it and explain why they are important.</i></p> <p><i>Children can confidently demonstrate an understanding of how exercises and health benefits of one PE unit link with another.</i></p>	<p>Pupils can take their pulse before and after warming up to see the effect.</p> <p>Links to:</p> <ul style="list-style-type: none"> • 'identify and name the main parts of the human circulatory system, and describe the functions of the



	<i>Pupils demonstrate an understanding of the vocabulary aerobic and anaerobic and how it relates to their PE unit.</i>	<p>heart, blood vessels and blood</p> <ul style="list-style-type: none">• recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function• describe the ways in which nutrients and water are transported within animals, including humans.'
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