

Health and Well-being - Physical activity and sport
First Level HWB 1-25a *

Within and beyond my place of learning I am enjoying daily opportunities to participate in physical activities and sport, making use of available indoor and outdoor space.

Health and Well-being - Physical activity and sport
First Level HWB 1-21a

I am discovering ways that I can link actions and skills to create movement patterns and sequences. This has motivated me to practise and improve my skills to develop control and flow.

Health and Well-being - Physical activity and sport
First Level HWB 1-22a

I am developing skills and techniques and improving my level of performance and fitness.

Health and Well-being - Physical activity and sport
First Level HWB 1-23a

I can follow and understand rules and procedures, developing my ability to achieve personal goals. I recognise and can adopt different roles in a range of practical activities.

Health and Well-being - Physical activity and sport
First Level HWB 1-24a

I can recognise progress and achievement by discussing my thoughts and feelings and giving and accepting feedback.

Health and Well-being - Physical activity and sport
First Level HWB 1-27a

I am aware of the role physical activity plays in keeping me healthy and know that I also need to sleep and rest, to look after my body.

Health and Well-being - Physical activity and sport
First Level HWB 1-28a

I understand that my body needs energy to function and that this comes from the food I eat. I am exploring how physical activity contributes to my health and wellbeing.