

PE / PSHE · Y3–Y6

# Health, Fitness & Wellbeing

Knowledge Organiser — Y3–Y6

## Components of fitness

1

### Cardiovascular endurance

The ability of the heart and lungs to supply oxygen to the muscles during sustained exercise.

*Example: Running, cycling, swimming*

2

### Muscular strength

The maximum force a muscle can produce in a single effort.

*Example: Lifting, jumping*

3

### Flexibility

The range of movement possible at a joint.

*Example: Gymnastics, stretching*

4

### Speed

The rate at which a person can move or perform a movement.

*Example: Sprinting*

5

### Balance

The ability to maintain body position — both still (static) and moving (dynamic).

*Example: Gymnastics balances, sport movements*

6

### Coordination

The ability to use different parts of the body together smoothly.

*Example: Catching, batting, dribbling*



7

**Agility**

The ability to change direction quickly and accurately while moving.

*Example: Dodgeball, football dribbling*

## Physical activity guidelines for children

Chief Medical Officers' guidelines for 5-11 year olds

- 60 MINUTES DAILY: at least 60 minutes of moderate to vigorous physical activity every day
- VIGOROUS: on at least 3 days per week, activity should strengthen muscles and bones
- LESS SITTING: reduce extended periods of sitting — standing, walking, moving all count
- EXERCISE AND THE BRAIN: regular physical activity improves concentration, reduces anxiety, improves sleep quality, and supports emotional regulation
- ACTIVE TRAVEL: walking or cycling to school contributes to the daily target
- THE DAILY MILE: one mile of walking or running per day — achievable within the school day
- OUTDOOR PLAY: unstructured active outdoor play counts — and develops coordination and risk assessment

