







Year 3

Progression
of skills

Year 4

Progression
of skills

Year 5

Progression
of skills

Year 6

Progression
of skills

**Health Related
Exercise**

- Explore and understand
cardio fitness
- Explore and understand
flexibility fitness
- Explore and understand
strength fitness

**Health Related
Exercise**

- Develop a secure understanding
of cardio fitness
- Develop a secure understanding
of flexibility fitness
- Develop a secure understanding
of strength fitness