

### EDSTART KNOW

- I can explain what wellbeing means and why it is important for me.
- I can describe how movement and rest help my body and mind feel better.
- I can understand that kindness, cooperation, and positivity support everyone's wellbeing.

### EDSTART GO

- I can take part in calm, active, and focused movements to help my wellbeing.
- I can move safely and respectfully when working with others.
- I can choose movements that help me feel calm, happy, or energised.

### EDSTART SHOW

- I can show pride and confidence when moving and working with others.
- I can celebrate how movement helps my body and mind feel good.
- I can show respect and encouragement towards friends during activities.

## Key Vocabulary

**health, exercise,  
happiness, teamwork,  
confidence,  
friendship, energy,  
positivity**

## Role Models



### Simone Biles -

Spoke openly about mental health, showing that protecting your mind is just as important as winning.



### Marcus Rashford -

Uses his voice to help others, promoting kindness, fairness, and confidence through sport.

## What do we know about Wellbeing through PE?

Wellbeing through PE is all about understanding how movement can support a healthy body and a healthy mind. At this stage, children begin to notice the powerful connection between how they move and how they feel. They learn that energetic activities—such as running, skipping, jumping, and playing games—can boost their mood, release tension, and give them more energy. These movements help their heart beat faster, increase blood flow, and make their bodies feel strong and alive. Children also explore calmer movements, including gentle stretching, balance poses, mindful walking, and controlled breathing. These activities help them recognise when their body needs to slow down, reset, or relax. Through simple reflections and discussions, pupils learn to identify how movement can help them manage feelings like excitement, frustration, or worry.

By combining active and calming experiences, children begin to see that movement is more than just exercise—it is a powerful tool they can use every day to feel happier, calmer, more focused, and more confident in themselves. They start to understand that looking after their wellbeing is something they can take responsibility for, using movement as a positive choice to support both their physical and emotional health.