

**EDSTART KNOW**

- I can explain how teamwork and friendship help me feel good.
- I can describe how staying active supports my physical and mental wellbeing.
- I can recognise how balance between rest, activity, and fun is important.

**EDSTART GO**

- I can take part in games that involve cooperation, communication, and fairness.
- I can make positive choices that help me and my friends enjoy PE together.
- I can keep trying even when things are difficult, showing resilience and focus.

**EDSTART SHOW**

- I can show kindness, encouragement, and inclusion during group activities.
- I can celebrate both my own and others' achievements.
- I can demonstrate how being active makes me feel proud and confident.

**Key Vocabulary**

**health, confidence, resilience, mindfulness, energy, happiness, friendship, positivity**

**Role Models**



**Ellie Simmonds -**

Inspires inclusion and self-belief, proving that everyone can achieve through determination.



**Tom Daley -**

Promotes mindfulness and balance, showing how hobbies and calm time support wellbeing.

**What do we know about Wellbeing through PE?**

Wellbeing in PE also means learning how playing with others helps us feel good. Children explore the importance of teamwork, kindness, and inclusion, understanding that being active together builds stronger friendships and a sense of belonging. They learn that sharing equipment, listening to others' ideas, and taking turns make games fair, enjoyable, and positive for everyone involved. Through simple group challenges and team activities, they begin to notice how their actions can lift others up. When they offer encouragement, celebrate a teammate's success, or help someone who is finding a task tricky, they discover that supporting others makes them feel proud, valued, and connected.

This stage helps children see that feeling good in PE isn't just about moving their body—it's also about creating a warm, respectful atmosphere where everyone feels included. By practising empathy, cooperation, and kindness, pupils learn that the way they behave can have a big impact on how others feel, and that positive relationships are an important part of their overall wellbeing.