

EDSTART KNOW

- I can explain that giving my best effort is more important than winning.
- I can describe how mistakes help me learn and grow stronger.
- I can understand how setting small goals builds confidence and resilience.

EDSTART GO

- I can try my best in all games, even when things are hard.
- I can stay positive and keep going after making mistakes.
- I can work towards my personal goals and support others with theirs.

EDSTART SHOW

- I can show respect and fairness when competing against others.
- I can celebrate teamwork, effort, and improvement.
- I can reflect on my progress and feel proud of what I've achieved.

Key Vocabulary

health, confidence, motivation, resilience, positivity, energy, focus, happiness

Role Models



Naomi Osaka -

Encourages honesty and bravery in talking about anxiety and taking breaks to stay healthy.



Ben Stokes -

Highlights the importance of rest and recovery, showing strength in taking care of yourself.

What do we know about Wellbeing through PE?

At this stage, children learn that wellbeing also comes from challenge, effort, and the determination to keep going. They begin to understand that trying something new or tricky can feel exciting, and that practising a skill repeatedly helps them grow more confident over time. Through a range of activities, they discover that making mistakes is a natural and valuable part of learning—not something to avoid, but something that helps them improve.

PE encourages children to develop a positive mindset, showing them that effort matters more than instant success. They learn to bounce back after setbacks, to try again with focus, and to celebrate the small steps of progress that lead to bigger achievements. As they take part in simple competitions and active challenges, they practise staying calm under pressure, managing their emotions, and showing respect for teammates and opponents.

Through these experiences, children begin to recognise that wellbeing in PE isn't measured by winning or being the fastest. Instead, it comes from the pride of trying their best, reflecting on what they've learned, and becoming more resilient, both physically and mentally.