

EDSTART KNOW

- I can explain how different movements (calm, active, focused) affect my wellbeing.
- I can understand how teamwork, reflection, and rest support a healthy lifestyle.
- I can describe how confidence and self-belief grow through physical activity.

EDSTART GO

- I can combine calm, energetic, and focused movements in my routines.
- I can take responsibility for my own wellbeing by making healthy choices.
- I can encourage and support others to feel positive through movement.

EDSTART SHOW

- I can perform confidently, showing control, pride, and mindfulness.
- I can celebrate how movement supports my wellbeing inside and outside of PE.
- I can model kindness, confidence, and respect for others' wellbeing.

Key Vocabulary

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

Role Models



Joe Wicks -

Promotes movement for happiness and energy, helping children stay active and positive.



Emma Raducanu -

Reminds young athletes to enjoy learning, stay patient, and be proud of progress, not just results.

What do we know about Wellbeing through PE?

In this stage, children develop a full understanding of how movement supports their overall wellbeing. They explore how physical activity can boost their mood, calm their thoughts, and improve concentration in all areas of life. Children learn that being active can take many forms—running, stretching, breathing, dancing—and that each helps balance their energy and emotions in different ways. They begin to recognise when their body needs to release energy and when it needs to slow down, using movement as a tool to help them feel grounded and ready to learn.

They also recognise the power of leadership, encouragement, and celebration, understanding that helping others feel good is an important part of their own wellbeing too. Whether they are leading a warm-up, supporting a friend, or celebrating a classmate's progress, children learn that positivity spreads. PE becomes a space where movement, teamwork, and reflection work together to keep both body and mind healthy, confident, and ready for new challenges.