

Key Skills Potentially Covered in Relax Kids Classes – Key Stage 1 & 2

Subject		Key Stage 1	Key Stage 2
P.E.	Knowledge, Skills & Understanding	<ul style="list-style-type: none"> • remember and repeat simple skills and actions with increasing control and coordination • describe what they have done; observe, describe and copy what others have done • know how important it is to be active • be able to recognise and describe how their bodies feel during different activities 	<ul style="list-style-type: none"> • perform actions and skills with more consistent control and quality • know how exercise affects the body in the short term • warm up and prepare appropriately for different activities • know why physical activity is good for their health and well-being
	Breadth of Study	<ul style="list-style-type: none"> • use movement imaginatively, responding to stimuli, including music, and performing basic skills [for example, travelling, being still, making a shape, jumping, turning and gesturing] • change the rhythm, speed, level and direction of their movements • perform basic skills in travelling, being still, finding space and using it safely • develop the range of their skills and actions [for example, balancing, taking off and landing, turning and rolling] 	<ul style="list-style-type: none"> • dance and gymnastics activities
Personal, Social & Health Education	Knowledge, Skills & Understanding	<ul style="list-style-type: none"> • share their opinions on things that matter to them and explain their views • recognise, name and deal with their feelings in a positive way • think about themselves, learn from their experiences and recognise what they are good at • take part in discussions with one other person and the whole class • agree and follow rules for their group and classroom, and understand how rules help them • realise that people and other living things have needs, and that they have responsibilities to meet them • how to make simple choices that improve their health and wellbeing • listen to other people, and play and work cooperatively • identify and respect the differences and similarities between people • that family and friends should care for each other • that there are different types of teasing and bullying, that bullying is wrong, and how to get help to deal with bullying. 	<ul style="list-style-type: none"> • recognise their worth as individuals by identifying positive things about themselves and their achievements, seeing their mistakes, making amends and setting personal goals • recognise, as they approach puberty, how people's emotions change at that time and how to deal with their feelings towards themselves, their family and others in a positive way • what makes a healthy lifestyle, including the benefits of exercise and healthy eating, what affects mental health, and how to make informed choices

	Breadth of Study	<ul style="list-style-type: none"> • feel positive about themselves [for example, by having their achievements recognised and by being given positive feedback about themselves] • take part in discussions [for example, talking about topics of school, local, national, European, Commonwealth and global concern, such as 'where our food and raw materials for industry come from'] • develop relationships through work and play [for example, by sharing equipment with other pupils or their friends in a group task] 	<ul style="list-style-type: none"> • feel positive about themselves [for example, by producing personal diaries, profiles and portfolios of achievements; by having opportunities to show what they can do and how much responsibility they can take] • develop relationships through work and play [for example, taking part in activities with groups that have particular needs, such as children with special needs and the elderly; communicating with children in other countries by satellite, email or letters]
Speaking & Listening, Drama	Knowledge, Skills & Understanding	<ul style="list-style-type: none"> • speak clearly, fluently and confidently to different people • listen, understand and respond to others • join in as members of a group (take turns in speaking, relate their contributions to what has gone on before, take different views into account) • use language and actions to explore and convey situations, characters and emotions (Drama) 	<ul style="list-style-type: none"> • speak with confidence in a range of contexts • listen, understand and respond appropriately to others • To talk effectively as members of a group
	Breadth of Study	<ul style="list-style-type: none"> • speaking to different people, including friends, the class, teachers and other adults • sharing ideas and experiences 	<ul style="list-style-type: none"> • improvisation and working in role (Drama)

**** Not all of the Key Skills listed above will be covered in every RK class.**

****This is not an exhaustive list! Other Key Skills from the above subjects and from subjects not listed here may also be covered in RK classes.**