

## FS1/FS2 PE Overview 2021-2022

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Foundation 1/2</b>	Locomotion (key movements skills and team work)	Object Control (Pirates theme)	Balance (Gymnastic)	Locomotion (Seasons theme)	Object Control (Ball skills)	Locomotion/object control (Sports Day activities)
<b>Early Learning Goal</b>	I can dress and undress myself all by myself. I can take turns and share with a little help	I show good control when using equipment in a range of ways.	I can repeat, link and change basic movements, sometimes commenting on my own work	I can repeat, link and change basic movements, sometimes commenting on my own work	I can take turns and share with a little help I can work as part of a group	I can take turns and share with a little help I can work as part of a group
<b>PSHE Theme</b>	Taking care of themselves: Trying to dress themselves independently for PE. Taking care of their belongings/equipment.	Staying safe: The importance of being safe and taking care of themselves, people around them and identify potential dangers.	Understanding everyone is different: Know why some activities are easier/harder for people. Give them choices to decide what level they want to be.	Teamwork: Looking at working together to create routines. Taking on different roles within the team.	Teamwork: Rules for different athletic activities. Link to being safe.	Teamwork: Being proud to represent Springwood/their house team.



## Key Stage One – PE Overview 2021-2022

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 1</b> to <b>Year 2</b>	Locomotion – Team Games	Balance – Gymnastics (basic skills)	Balance/Co-ordination - Dance	Balance/Co-ordination - Dance	Team Games	Locomotion – Athletics
	Object Control - Independent ball skills	Locomotion – Fitness	Balance – Yoga	Balance – Gymnastics (apparatus skills)	Object Control - Striking & Fielding skills	Object Control - Striking & Fielding skills
<b>Virtual ACET Competitions</b>	Football	Dance	Gymnastics	Fitness	Cricket	Athletics
<b>Science Theme</b>	Human Body: Naming the basic parts of the human body (organs/bones/muscles) and understand their job.	Human body: Introducing key fitness terminology linking them to sports. E.g. Stamina, balance, agility, flexibility.	Human body: The basic effects exercise has on the body.	Human Body: Hygiene: why it is especially important in sport.	Human Body: The importance of diet for a healthy lifestyle.	Human body: Linking their knowledge of fitness terms to the different athletic activities. Extend their knowledge of muscle names.
<b>PSHE Theme</b>	Fair play/Sportmanship. Looking at children understanding the importance of respecting space in the current climate, being fair, taking turns.	Staying safe in sport: The importance of being safe on/with equipment. Listening to each other/taking turns. What to do if there is an accident.	Fair play/Sportmanship. Following rules, consequences, promoting constructive feedback and valuing our strengths in sport.	Teamwork: Looking at working together to create routines. Taking on different roles within the team.	Teamwork: Link to British Values. Being proud of our British athletes.	Teamwork: Being proud to represent Springwood/their house team.



## Year 3&4 PE Overview 2021-2022

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 3 to Year 4</b>	Team skills/invasion games - Football	Aesthetics - Dance	Aesthetics - Gymnastics	Fitness	Net games -- Tennis Y4 – Swimming	Athletics Sports Day practice Y4 – Swimming
<b>Virtual ACET Competitions</b>	Team skills/invasion games - Netball	Invasion – Matball Basketball	Problem Solving -- Orienteering	Team Games	Striking and Fielding - Rounders	Striking and Fielding - Cricket
<b>Science Theme</b>	Football	Dance	Gymnastics	Fitness	Cricket	Athletics
	Human Body: Naming the parts of the human body (organs/bones/muscles) and understand their function. Heart rate, pre and post exercise	Human body: Introducing key fitness terminology linking them to sports. E.g. Stamina, balance, agility, flexibility.	Human body: The effects exercise has on the cardiovascular and respiratory system.	Human Body: Hygiene: why it is especially important in sport?	Human Body: The importance of diet for a healthy lifestyle. Specifically look into sugar in food/drinks (Chang4life website has some great resources).	Human body: Linking their knowledge of fitness terms to the different athletic activities.
<b>Y5/6 expectation</b>	Use scientific names for muscles and bones (e.g quadriceps). Be able to describe what muscles they are using, e.g. when I perform this exercise, my ... muscle is...	Understand why different sports require different types of fitness and how different body types suit them.	Describe the functions of the heart, blood vessels and blood in relation to exercise. Know the difference between aerobic and anaerobic activity.	Link to: The effects of exercise on the body (sweating/going red etc).	Look at athletes diets and why they are different. What foods do they need and why? Get them to do a food diary/plan for an athlete or use the food scanner on C4L who can	Knowledge of successful athletes and their journey (resilience and hard work are needed). Link to clubs in their area/highlight success athletes in school.

## Year 3&4 PE Overview 2021-2022

	<p>Staying safe: Students to understand the importance of safety including; Why we need correct PE kit, footwear and equipment. Why we need to warm up/cool down.</p>	<p>Leadership: What makes a good leader? What leaders do they know? Can they demonstrate leadership in lessons/playtimes? Can they lead a KS1/FS lesson?</p>	<p>Fair play/Sportmanship. Understanding the importance of taking turns, following rules and taking care of their body.</p>	<p>Our body: Understand that everyone is different and we need to be respectful of each other's; Different abilities Different views Different religions Changing bodies</p>	<p>Looking after our self and our family: Could we do some event that involves parents... Race for life Mass aerobics session Freddy Fit (LE have a link) Term of 10 minute shake ups in the morning Recipe of the week sent out, staff/parents put their photos on twitter.</p>	<p>find the food with the most sugar?</p>
<p><b>PSHE Theme</b></p>					<p>Teamwork: Being proud to represent Springwood/their house team. What have they achieved this year? What could they change for the future?</p>	

## Year 5&6 PE Overview 2021-2022

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5 to Year 6	Sports Leadership/Play leaders award.	Aesthetics - Dance	Aesthetics - Gymnastics	Problem Solving - Orienteering	Net/wall games – Tennis/Table tennis Year 5 – Swimming	Athletics - Sports Day practice Year 5 – Swimming
	Invasion Games - Football	Invasion Games - Netball & Basketball	Yoga/Mindfulness Y5 – Basketball/matball	Fitness	Striking and Fielding – Cricket	Striking and Fielding – Rounders
<b>ACET Competitions</b>	Football	Netball	Gymnastics	Fitness	Cricket	Athletics
<b>Science Theme</b>	Human Body: Naming the parts of the human body (organs/bones/muscles) and understand their function. Heart rate, pre and post exercise	Human body: Introducing key fitness terminology linking them to sports. E.g. Stamina, balance, agility, flexibility.	Human body: The effects exercise has on the cardiovascular and respiratory system.	Human Body: Hygiene: why it is especially important in sport?	Human Body: The importance of diet for a healthy lifestyle. Specifically look into sugar in food/drinks (Chang4life website has some great resources).	Human body: Linking their knowledge of fitness terms to the different athletic activities.
<b>Y5/6 expectation</b>	Use scientific names for muscles and bones (e.g quadriceps). Be able to describe what muscles they are using, e.g. when I perform this exercise, my ... muscle is...	Understand why different sports require different types of fitness and how different body types suit them.	Describe the functions of the heart, blood vessels and blood in relation to exercise. Know the difference between aerobic and anaerobic activity.	Link to: The effects of exercise on the body (sweating/going red etc).	Look at athletes diets and why they are different. What foods do they need and why? Get them to do a food diary/plan for an athlete or use the food scanner	Knowledge of successful athletes and their journey (resilience and hard work are needed). Link to clubs in their area/highlight success athletes in school.

## Year 5&6 PE Overview 2021-2022

					<p>on C4L who can find the food with the most sugar?</p>	
<p><b>PSHE Theme</b></p>	<p>Staying safe: Students to understand the importance of safety including: Why we need correct PE kit, footwear and equipment. Why we need to warm up/cool down.</p>	<p>Leadership: What makes a good leader? What leaders do they know? Can they demonstrate leadership in lessons/playtimes? Can they lead a KS1/FS lesson?</p>	<p>Fair play/Sportmanship. Understanding the importance of taking turns, following rules and taking care of their body.</p>	<p>Our body: Understand that everyone is different and we need to be respectful of each other's; Different abilities Different views Different religions Changing bodies</p>	<p>Looking after our self and our family: Could we do some event that involves parents... Race for life Mass aerobics session Freddy Fit (LE have a link) Term of 10 minute shake ups in the morning Recipe of the week sent out, staff/parents put their photos on twitter.</p>	<p>Teamwork: Being proud to represent Springwood/their house team. What have they achieved this year? What could they change for the future?</p>