



## Key Stage One - PE Overview 2021-2022

	<b>Autumn 1<sup>st</sup> half (8weeks)</b>	<b>Autumn 2<sup>nd</sup> half (7weeks)</b>	<b>Spring 1<sup>st</sup> half (6weeks)</b>	<b>Spring 2<sup>nd</sup> half (6weeks)</b>	<b>Summer 1<sup>st</sup> half (5weeks)</b>	<b>Summer 2<sup>nd</sup> half (7weeks)</b>
<b>Reception to Year 2</b>	Locomotion  (Team Games)	Balance  (Gymnastics & Dance)	Balance  (Gymnastics & Dance)	Balance  (Gymnastics & Dance)	Locomotion  (Sports Day activities)	Locomotion  (Sports Day activities)
	Object Control  (Ball Games)	Fitness	Locomotion  (Team Games)	Locomotion  (Team Games)	Object Control  (Striking & Fielding)	Object Control  (Striking & Fielding)
<b>Science Theme</b>	Human Body:  Naming the basic parts of the human body (organs/bones/muscles) and understand their job.	Human body:  The basic effects exercise has on the body.	Human body:  Introducing key fitness terminology linking them to sports. E.g. Stamina, balance, agility, flexibility.	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 taking turns, rules and being safe.	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 peer rolls in games and leadership.	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 (look to get a guest speaker in). Link to Olympics/Euros or key sporting events taking place.	Teamwork:  Being proud to represent Lowedges/their house team.