

## Key Stage Two 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>Year 3 to Year 6</b>	Football Y5/6: Leadership/play leaders	Gymnastics	Fitness Circuits	Tag Rugby/ Orienteering	Athletics	Tennis (Sports Day practice)
	Netball Y5 Swimming	Basketball Y5 Swimming	Dance Y5 Swimming	Handball/ Hockey (Y4 Swimming)	Cricket (Y4 Swimming)	Rounders (Y4 Swimming)
<b>ACET Competition (Virtual)</b>	Football	Netball	Gymnastics	Fitness	Cricket	Athletics
<b>Forge SSP Competition (tbc COVID)</b>	SFSS Football	-Sportshall Athletics -Hotshots basketball		-Handball -SFSS netball	-Kwikstiks hockey	-SFSS Athletics
<b>Science Theme</b>	Human Body:  Naming the parts of the human body (organs/bones/muscles) and understand their function.	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.

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<p><b>Y5/6 expectation</b></p>	<p>Use scientific names for muscles and bones (e.g quadriceps). Be able to describe what muscles they are using, e.g. when I kick the ball I am using my...</p>	<p>Understand why different sports require different types of fitness and how different body types suit them.</p>	<p>Describe the functions of the heart, blood vessels and blood in relation to exercise. Know the difference between aerobic and anaerobic activity.</p>	<p>Link to: The effects of exercise on the body (sweating/going red etc).</p>	<p>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 find the food with the most sugar?</p>	<p>Knowledge of successful athletes and their journey (resilience and hard work are needed). Link to clubs in their area/highlight success athletes in school.</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 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>