

Key Stage Two PE Overview 2022-2023

	Autumn 1st half (8weeks)	Autumn 2nd half (7weeks)	Spring 1st half (6weeks)	Spring 2nd half (6weeks)	Summer 1st half (5weeks)	Summer 2nd half (7weeks)
Year 3 to Year 6	Football/ Orienteering	Gymnastics	Fitness Circuits	Tag Rugby	Athletics/Sports Day	Tennis (Sports Day practice)
	Netball Y4/5 Swimming	Basketball Y4/5 Swimming	Dance Y4/5 Swimming	Handball/ Hockey	Cricket	Rounders
ACET Competition	Y6Football Y5Netball	KS2 X country KS2 Orienteering Y4 Basketball	Y3/4 Tag Rugby			Y6 Rounders All Stars SEND
Forge SSP Competition (tbc COVID)	SFSS Football	-Sportshall Athletics -Hotshots basketball		-Handball -SFSS netball	-Kwikstiks hockey	-SFSS Athletics
Science Theme	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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Y5/6 expectation	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...	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 find the food with the most sugar?	Knowledge of successful athletes and their journey (resilience and hard work are needed). Link to clubs in their area/highlight success athletes in school.
PSHE Theme	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.	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?	Fair play/Sportmanship. Understanding the importance of taking turns, following rules and taking care of their body.	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	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.	Teamwork: Being proud to represent Springwood/their house team. What have they achieved this year? What could they change for the future?