

Key Stage One - 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)
Reception to Year 2	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)
ACET Competitions				KS1 indoor athletics		All Stars SEND
Science Theme	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.
PSHE Theme	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	Teamwork: Being proud to represent Lowedges/their house team.

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					key sporting events taking place.	
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