

Key Stage One – PE Overview 2022/2023

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1 to Year 2	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
Virtual ACET Competitions	Football	Dance	Gymnastics	Fitness	Cricket	Athletics
Science Theme	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.
PSHE Theme	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.