

Year 3&4 PE Overview 2022/2023

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3 to Year 4	Team skills/invasion games - Football	Fitness Problem Solving – Orienteering	Aesthetics - Gymnastics	Rugby	Net games – Tennis	Athletics Sports Day practice
	Team skills/invasion games - Netball/Matball Swimming	Invasion – Basketball Swimming	Invasion – Hockey	Aesthetics – Dance	Striking and Fielding - Rounders	Striking and Fielding - Cricket
ACET Competition	Football		Y3 Matball	Dance	Y4 Rounders	Cricket (virtual)
Science Theme	Human Body: Naming the parts of the human body (organs/bones/muscles) and understand their function. Heart rate, pre and post exercise	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.
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 perform this exercise, my ... muscle is...	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	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	Knowledge of successful athletes and their journey (resilience and hard work are needed). Link to clubs in their area/highlight

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			and anaerobic activity.		the food scanner on C4L who can find the food with the most sugar?	success athletes in school.
PSHE Theme	<p>Staying safe:</p> <p>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:</p> <p>What makes a good leader? What leaders do they know? Can they demonstrate leadership in lessons?</p>	<p>Fair play/Sportmanship.</p> <p>Understanding the importance of taking turns, following rules and taking care of their body.</p>	<p>Our body:</p> <p>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 Freddy Fit (LE have a link) 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:</p> <p>Being proud to represent Springwood/their house team.</p> <p>What have they achieved this year? What could they change for the future?</p>