

## Year 5 PE Overview 2023 - 2024

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 5</b>	Football/Handball	Cross Country/Orienteering	Gymnastics	Tag Rugby	Tennis	Athletics
	Netball	Basketball	Fitness	Dance Inclusive Games	Cricket	Rounders
<b>ACET Competitions</b>	Football	Netball	Matball	Tag Rugby	All Stars	Rounders
<b>Science Theme</b>	Human body:  The effects exercise has on the cardiovascular and respiratory system.	Human body:  Introducing key fitness terminology linking them to sports. E.g. Stamina, balance, agility, flexibility.	Human Body:  Naming the parts of the human body (organs/bones/muscles) and understand their function. Heart rate, pre and post exercise	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.
<b>Y5 expectation</b>	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 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	Knowledge of successful athletes and their journey (resilience and hard work are needed).

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					food with the most sugar?	
<b>RSHE Theme</b>	<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>Body types – link to different types of bodies for different sports</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: How can I avoid getting ill?</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>Teamwork:</p> <p>Being proud to represent Thurcroft and their house team.</p> <p>What have they achieved this year? What could they change for the future?</p>