

Curriculum Overview – Brief

Key Stage One

Curriculum themes	Key Stage One Workshop	Fun Fitness Session
Science		
<ul style="list-style-type: none"> ✓ Body parts (including skeleton) ✓ Senses ✓ Needs of animals and humans: water, food...) ✓ Importance of exercise ✓ Eating the right amounts of different types of food ✓ Hygiene 	<ul style="list-style-type: none"> ✓ ✓ ✓ ✓ ✓ ✓ 	<ul style="list-style-type: none"> ✓ ✓ ✓
PSHE		
<ul style="list-style-type: none"> ✓ Making healthy choices ✓ Importance of physical activity ✓ Importance of rest ✓ Dental health ✓ Personal hygiene ✓ Parts of the body ✓ Medicines ✓ Keeping safe in the home ✓ Changes as we grow ✓ Working with others ✓ Taking responsibility for self 	<ul style="list-style-type: none"> ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ 	<ul style="list-style-type: none"> ✓ ✓ ✓ ✓
PE		
<ul style="list-style-type: none"> ✓ Physical confidence ✓ Opportunities to develop competence in broad range of physical activity ✓ Physically active for sustained periods of time ✓ Leading healthy, active lives ✓ Mastering basic movement: running, jumping, balance, agility, co-ordination ✓ Team games ✓ Simple movement patterns 		<ul style="list-style-type: none"> ✓ ✓ ✓ ✓ ✓ ✓ ✓
Cross Curricular		
<ul style="list-style-type: none"> ✓ Where our food comes from (geography) ✓ Food sources (geography) ✓ How our food grows (geography) ✓ Creating categories (maths) ✓ Adding amounts of money (maths) ✓ Making totals of amounts (maths) ✓ Following directions (maths) ✓ Simple problem solving (maths) ✓ Reading instruction (literacy) 	<ul style="list-style-type: none"> ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ 	

Lower Key Stage Two (Years 3 & 4)

Curriculum objectives	Lower Key Stage Two Workshop	Circuits (fitness) Session
Science		
<ul style="list-style-type: none"> ✓ Types of food (food groups) ✓ Nutrition value of different foods ✓ Skeletons ✓ Muscles ✓ Teeth ✓ Dental hygiene ✓ Personal hygiene ✓ Impact of diet ✓ Impact of exercise ✓ 'Healthy lifestyle' ✓ Importance of water for survival / health ✓ Relationship between diet, exercise, drugs, lifestyle and health 	<ul style="list-style-type: none"> ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ 	<ul style="list-style-type: none"> ✓ ✓
PSHE		
<ul style="list-style-type: none"> ✓ Making healthy choices ✓ Developing healthy lifestyles ✓ Balanced diet ✓ Importance of physical activity ✓ Dealing with emotions ✓ Peer pressure ✓ Issues affecting health and wellbeing ✓ Dangers of smoking ✓ Making informed choices ✓ Managing risk ✓ Taking responsibility for self 	<ul style="list-style-type: none"> ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ 	<ul style="list-style-type: none"> ✓ ✓
PE		
<ul style="list-style-type: none"> ✓ Develop physical confidence ✓ Opportunities to develop competence in broad range of physical activity ✓ Physically active for sustained periods of time ✓ Leading healthy, active lives ✓ Using running, jumping, throwing and catching in isolation and in combination ✓ Develop flexibility, strength, technique, control and balance 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> ✓ ✓ ✓ ✓ ✓ ✓
Cross Curricular		
<ul style="list-style-type: none"> ✓ Where our food comes from (geography) ✓ Food sources (geography) ✓ How our food grows (geography) ✓ Ways of life 1930's-1950's (history) ✓ Comparing and contrasting figures (maths) ✓ Creating categories (maths) ✓ Adding large amounts of money, finding change (maths) ✓ Making totals of amounts (maths) ✓ Following directions, co-ordinates and angles (maths) ✓ Problem solving ✓ Reading instruction (literacy) 	<ul style="list-style-type: none"> ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ 	<ul style="list-style-type: none">

Upper Key Stage Two (Years 5 & 6)

Curriculum objectives	Upper Key Stage Two Workshop	Circuits (fitness) Session	Drugs & Alcohol Workshop (Y5&6 only)
Science			
<ul style="list-style-type: none"> ✓ Types of food (food groups) ✓ Nutrition value of different foods ✓ Skeletons ✓ Muscles ✓ Teeth ✓ Dental hygiene ✓ Personal hygiene ✓ Impact of diet ✓ Impact of exercise ✓ 'Healthy lifestyle' ✓ Importance of water for survival / health ✓ Impact of drugs on the way our bodies function (positive and negative) ✓ How drugs and other substances may be harmful to the human body ✓ Relationship between diet, exercise, drugs, lifestyle and health 	<ul style="list-style-type: none"> ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ 	<ul style="list-style-type: none"> ✓ ✓ ✓ 	<ul style="list-style-type: none"> ✓ ✓ ✓ ✓ ✓
PSHE			
<ul style="list-style-type: none"> ✓ Making healthy choices ✓ Developing healthy lifestyles ✓ Balanced diet ✓ Importance of physical activity ✓ Dealing with emotions ✓ Peer pressure ✓ Issues affecting health and wellbeing ✓ Legal and illegal substances ✓ Making informed choices ✓ Drugs and alcohol ✓ Managing risk ✓ Taking responsibility for self 	<ul style="list-style-type: none"> ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ 	<ul style="list-style-type: none"> ✓ ✓ ✓ ✓ ✓ 	<ul style="list-style-type: none"> ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓
PE			
<ul style="list-style-type: none"> ✓ Physical confidence ✓ Opportunities to develop competence in broad range of physical activity ✓ Physically active for sustained periods of time ✓ Leading healthy, active lives ✓ Using running, jumping, throwing and catching in isolation and in combination ✓ Develop flexibility, strength, technique, control and balance 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> ✓ ✓ ✓ ✓ ✓ ✓ 	<ul style="list-style-type: none">
Cross Curricular			
<ul style="list-style-type: none"> ✓ Where our food comes from (geography) ✓ Food sources (geography) ✓ How our food grows (geography) ✓ Ways of life 1930's-1950's (history) ✓ Comparing and contrasting figures (maths) 	<ul style="list-style-type: none"> ✓ ✓ ✓ ✓ ✓ 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none">



✓ Creating categories (maths)	✓		
✓ Adding large amounts of money, finding change (maths)	✓		
✓ Making totals of amounts (maths)	✓		
✓ Following directions, co-ordinates and angles (maths)	✓		
✓ Problem solving	✓		
✓ Reading instruction (literacy)	✓		