

## Greenfields Academy – Health & Me Curriculum

	Autumn		Spring		Summer	
	1	2	3	4	5	6
Primary 1 2021-22	<p style="text-align: center;"><b><u>ARGENTINA</u></b> PE – Maradona PE1 – Exercise &amp; My Body OE1 - E&amp;P (Woods, Parks &amp; Dens) PE2 – Games (Space, Rules, Tools) OE2 - Trails, Routes &amp; Treasure Hunts PSHE – Relationships (Friendships)</p>		<p style="text-align: center;"><b><u>SPAIN</u></b> PE - Handball PE3 - Gymnastics &amp; Dance OE3 - Cycling Proficiency PE4- Games (Outwitting Opponents) OE4 - E&amp;P – (Coast, River, Pond) PSHE – Relationships (Friendships)</p>		<p style="text-align: center;"><b><u>THE CARIBBEAN</u></b> PE - Cricket &amp; Sprinting PE5 – Athletic Activities &amp; Swimming PE6 – Striking, Fielding &amp; Target Games and Swimming PSHE – Relationships (Managing Hurtful Behaviour &amp; Bullying)</p>	
Primary 1 2022-23	<p style="text-align: center;"><b><u>GREECE</u></b> PE - Ancient Olympics &amp; Values PE1 – Exercise &amp; My Body OE1 - E&amp;P (Woods, Parks &amp; Dens) PE2 – Games (Space, Rules, Tools) OE2 - Trails, Routes &amp; Treasure Hunts PSHE –Relationships (Managing Hurtful Behaviour &amp; Bullying)</p>		<p style="text-align: center;"><b><u>MADAGASCAR</u></b> PE - Afro Circus PE3 - Gymnastics &amp; Dance OE3 - Cycling Proficiency PE4- Games (Outwitting Opponents) OE4 - E&amp;P – (Coast, River, Pond) PSHE – Healthy Lifestyles (Physical Wellbeing)</p>		<p style="text-align: center;"><b><u>JAPAN</u></b> PE - Sumo &amp; Martial Arts PE5 – Athletic Activities &amp; Swimming PE6 – Striking, Fielding &amp; Target Games and Swimming PSHE – Healthy Lifestyles (Physical Wellbeing)</p>	
Primary 2 2021-22	<p style="text-align: center;"><b><u>ITALY</u></b> OE - Giro d'Italia PE1 – Exercise &amp; My CV System OE1 - E&amp;P (Woods, Parks &amp; Dens) PE2 – Games (Invasion) OE2 – Cycling PSHE – Relationship (Families &amp; Close Positive Relationships)</p>		<p style="text-align: center;"><b><u>CHILE</u></b> PE - Rugby Union (Alive Story) PE3 – Gymnastics &amp; Trampolining and Swimming PE4 – Games (Net/Wall) &amp; Swimming PSHE – Relationship (Families &amp; Close Positive Relationships)</p>		<p style="text-align: center;"><b><u>BRAZIL</u></b> PE - Pele's Story PE5 – Athletic Activities OE5 – Navigation &amp; Shelter Building PE6 – Striking, Fielding &amp; Target Games OE6 – Water-sport PSHE – Relationships (Respecting Self &amp; Others)</p>	

Primary 2 2022-23	<p><b><u>EGYPT</u></b></p> <p>PE – Mohammad Salah  PE1 – Exercise &amp; My Skeleton  OE1 - E&amp;P (Woods, Parks &amp; Dens)  PE2 – Games (Invasion)  OE2 – Cycling  PSHE – Healthy Lifestyles (Mental Health)</p>	<p><b><u>FRANCE</u></b></p> <p>PE - Tennis – French Open  PE3 – Gymnastics &amp; Trampolining and Swimming  PE4 – Games (Net/Wall) &amp; Swimming  PSHE – Healthy Lifestyles (Mental Health)</p>	<p><b><u>(MEDIEVAL) ENGLAND</u></b></p> <p>PE - Archery &amp; Fencing  PE5 – Athletic Activities  OE6 – Navigation &amp; Shelter Building  PE5 – Striking, Fielding &amp; Target Games  OE6 – Water-sport  PSHE – Healthy Lifestyles (Ourselves, Growing &amp; Changing)</p>
Primary 3 2021-22	<p><b><u>BANGLADESH</u></b></p> <p>PE - Kabaddi  PE1 – Exercise &amp; My Muscles  Swimming  PE2 - Invasion Games and  Swimming  PHSE – Living in the Wider World (Media Literacy &amp; Data Resilience)</p>	<p><b><u>MEXICO</u></b></p> <p>PE - Human Pyramids  PE3 - Gymnastics &amp; Trampolining  OE3 - Explore &amp; Play - Woods, Parks &amp; Coasts  PE4 - Net Games  OE4 - Cycling (Trails &amp; Routes)  PHSE – Healthy Lifestyles (Drugs, Alcohol &amp; Tabaco)</p>	<p><b><u>ANCIENT IRAQ</u></b></p> <p>PE - Ancient Wrestling  PE5 - Athletics  OE5 – Introduction to Water Sports  PE6 - Striking &amp; Fielding Games  OE6 - Navigation &amp; Camp  PSHE – Healthy Lifestyles (Ourselves, Growing &amp; Changing)</p>
Primary 3 2022-23	<p><b><u>USA (Florida)</u></b></p> <p>PE - American Football  PE1 – Exercise &amp; My Organs and  Swimming  PE2 – Invasion Games and  Swimming  PSHE – Living in the Wider World (Communities)</p>	<p><b><u>GREAT BRITAIN</u></b></p> <p>PE - Badminton – All England Championships  PE3 – Gymnastics &amp; Trampolining  OE3 – Explore &amp; Play - Woods, Parks &amp; Coasts  PE4 – Net/Wall Games  OE4 – Cycling (Bikeability, Trails &amp; Routes)  PSHE – Living in the Wider World (Shared Responsibilities)</p>	<p><b><u>AUSTRALIA</u></b></p> <p>OE - Bushcraft  PE5 - Athletics  OE5 - Introduction to Water Sports  PE6 - Striking &amp; Fielding Games  OE6 - Navigation &amp; Campcraft  PSHE – Living in the Wider World (Money)</p>
7	<p><b><u>ASIA</u></b></p> <p>PE - Kabaddi  PE1 – Health &amp; Fitness &amp; Anatomy  OE1 – Target Sports &amp; Cross Country  PE2 – Invasion Games  OE2 – Climbing (NICAS 1a)</p>	<p><b><u>EUROPE</u></b></p> <p>PE - Badminton – All England Championships  PE3 – Gymnastics &amp; Trampolining  OE3 – Ice Skating  PE4 – Net/Wall Games  OE4 – Cycling</p>	<p><b><u>AFRICA</u></b></p> <p>PE – Equality in Sport &amp; Apartheid  PE5 – Athletics  OE5 – Navigation &amp; Geocache  PE6 - Striking &amp; Fielding  OE6 – Swimming &amp; Watersport</p>

		PSHE – Managing Transitions (My New School) & Friendships & Bullying		PSHE – Healthy Living, Puberty & Hygiene		PSHE – Desert Island Living & My Online World	
8		<u><b>ANTARCTICA</b></u> PE - Mighty Ducks PE1 – Health & Fitness & Physiology OE1 – Target Sports & Cross Country PE2 – Invasion Games OE2 – Climbing (NICAS 1b) PSHE – Relationships & Dealing with Differences		<u><b>AMERICAS</b></u> PE - American Sport PE3 – Gymnastics & Trampoline OE3 – Ice Skating PE4 – Net/Wall Games OE4 – Cycling & Mountain Biking PSHE – My Future and Choices & Drugs		<u><b>OCEANIA</b></u> PE - The All Blacks PE5 – Athletics OE5 – Navigation & Geocache PE6 - Striking & Fielding OE6 – Swimming & Watersport (sailing) PSHE – British Society & Human Rights and Discrimination	
	9	<u><b>LEICESTERSHIRE</b></u> PE - Stadium Tour – Welford Road and King Power PE1 – Health & Fitness OE1 – Sailing PE2 – Invasion Games OE2 – Geocache & Campcraft PSHE – E-Safety & Consent, Contraception and Conception		<u><b>NOTTINGHAMSHIRE</b></u> OE - Archery PE3 – Gymnastics & Trampoline OE3 – Climbing (NICAS 2) PE4 – Net/Wall Games OE4 – Ice Skating & Target Sport PSHE – Welcome to the Real World & Moral Thinking		<u><b>LINCOLNSHIRE</b></u> Lincolnshire Show – Sport Zone & Tug-o-War PE5 – Athletics OE5 – Navigation & Cycling PE6 – Striking & Fielding OE6 – Sailing & Survival PSHE – GCSE Options, First Aid & British Values	
10	H&M	PE – Fitness & Physiology PSHE – Drugs C – Young Professional	PE - Invasion Games PSHE – SRE C – What do I want to be?	PE - Gymnastics & Trampoline PSHE – Crime and Criminality C – H&S and CPD in the Workplace	PE - Net/Wall Games PSHE – Study Skills C – H&S and CPD in the Workplace	PE - Athletics PSHE – Extremism & Homophobia C – Planning & preparing a Work Placement	PE - Striking & Fielding PSHE – World of Work & Work Experience C – Work Placement and Reflections
	GCSE PE	1.1 The structure and functions of the musculoskeletal system	1.1 The structure and functions of the musculoskeletal system	1.2 The structure and functions of the cardiorespiratory system	1.2 The structure and functions of the cardiorespiratory system	Practical Coursework	1.3 Anaerobic and Aerobic exercise

	Work & Life	Self-development	Managing money	Social and group relationships	Healthy Living	Undertaking an enterprise project	Preparing for the future
11	H&M	PE - Fitness & Physiology PSHE – Drugs C – Young Professional	PE - Invasion Games PSHE – SRE C – What do I want to be?	PE - Gymnastics & Trampolining PSHE – Crime and Criminality C – FE Open Days & Applications	PE - Net/Wall Games PSHE – Study Skills C – FE Applications & Visits, Careers Consults	PE - Athletics and Striking & Fielding PSHE – Extremism & Homophobia C – Individual CPD, Work Experience & Destination Development	
	GCSE PE	1.3 Anaerobic and aerobic exercise 2.1 Lever systems, examples use and mechanical advantage 2.2 Planes and axes of movement 3.1 Physical, emotional and social health, fitness and well-being	2.2 Planes and axes of movement 3.1 Physical, emotional and social health, fitness and well-being 3.2 The consequences of a sedentary lifestyle 3.3 Energy use, diet, nutrition and hydration	4.1 Use of data	Practical Coursework	Practical Coursework	