

PHYSICAL EDUCATION OVERVIEW - 2018-2019



Autumn		Spring		Summer	
Key Stage 1 – MERCURY – Year 1					
Get Set					
Theme: Fundamentals/ Athletics	Theme: Dance	Theme: Gymnastics (Apparatus)	Theme: Ball Skills	Theme: Games (Striking and fielding)	Theme: Games (Net and wall)
Objectives & Skills: Pupils will develop skills required in Athletic activities such as running at different speeds, changing direction, jumping and throwing. Pupils will accurately replicate running challenges and competitions that require speed and changes in direction. In all athletic based activities, pupils will engage in performing skills and measuring performance. Pupils will develop the ability to follow safety procedures and handle equipment correctly. Pupils will be asked to evaluate and recognise improvements for their own and others skills.	Objectives & Skills: Pupils will create short dance sequences, using travel, turn, jump, gesture, pause and fall, within safe practice. Pupils will copy and repeat actions and series of actions. Pupils will work individually, with a partner and as a group. Pupils will create movements that involve matching and mirroring. Pupils will learn how to count to music and use counts to keep in time.	Objectives & Skills: Pupils explore movement, stillness, and how to find and use space safely. They experiment basic gymnastic actions on the floor and using apparatus. They copy, create, remember and repeat, short movement phrases of 'like' linked actions, eg two jumps, or two rolls. In gymnastics as a whole, pupils use skills and agilities individually, in combination and in sequence, with the aim of showing as much control and precision as possible.	Objectives & Skills: Pupils develop basic game-playing skills, in particular throwing and catching and dribbling. They play games based on invasion games (like basketball and football). They have an opportunity to play one against one, one against two, and one against three. In all games activities, pupils think about how to use skills, strategies and tactics to outwit the opposition.	Objectives & Skills: Pupils develop basic striking and fielding games -playing skills, in particular striking a ball, throwing and catching. They play games based on striking and fielding games (like rounders and cricket). They have an opportunity to play one against one, one against two, and one against three. Pupils will begin to think about how to use skills, strategies and tactics to outwit the opposition.	Objectives & Skills: Pupils develop basic game-playing skills, in particular throwing and catching and using a racket. They play games based on net games (like tennis and badminton). They have an opportunity to play one against one, one against two, and one against three. In all games activities, children think about how to use skills, strategies and tactics to outwit the opposition.
Class Teacher					
Theme: Invasion Games (Football)	Theme: Invasion Games (Hockey)	Theme: Gymnastics (Floor)	Theme: Orienteering and Adventurous Activities	Theme: Fitness and Athletics	Theme: Striking and fielding (Kwikcricket)
Objectives & Skills: Pupils develop basic game-playing skills, in particular dribbling. They have an opportunity to play one against one, one against two,	Objectives & Skills: Pupils develop basic game-playing skills, in particular dribbling. They have an opportunity to play one against one, one against	Objectives & Skills: Pupils explore movement, stillness, and how to find and use space safely. They experiment basic gymnastic actions on the floor. They	Objectives & Skills: Pupils will take part in group activities to solve problems. They will learn to follow simple maps.	Objectives & Skills: Pupils concentrate on developing good basic running, jumping and throwing techniques. They are set challenges for	Objectives & Skills: Pupils develop basic striking and fielding games -playing skills, in particular striking a ball, throwing and catching. They have an opportunity to

and one against three. In all games activities, pupils think about how to use skills, strategies and tactics to outwit the opposition.	two, and one against three. In all games activities, pupils think about how to use skills, strategies and tactics to outwit the opposition.	copy, create, remember and repeat, short movement phrases of 'like' linked actions, eg two jumps, or two rolls. In gymnastics as a whole, pupils use skills and agilities individually, in combination and in sequence, with the aim of showing as much control and precision as possible.		distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, children think about how to achieve the greatest possible speed, height, distance or accuracy.	play one against one, one against two, and one against three. Pupils will begin to think about how to use skills, strategies and tactics to outwit the opposition.
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Key Stage 1 – VENUS– Year 1 & 2

Get Set

Theme: Fundamentals/ Athletics	Theme: Dance	Theme: Gymnastics (Apparatus)	Theme: Ball Skills	Theme: Games (Striking and fielding)	Theme: Games (Net and wall)
<p>Objectives & Skills: Pupils will develop skills required in Athletic activities such as running at different speeds, changing direction, jumping and throwing. Pupils will accurately replicate running challenges and competitions that require speed and changes in direction. In all athletic based activities, pupils will engage in performing skills and measuring performance. Pupils will develop the ability to follow safety procedures and handle equipment correctly. Pupils will be asked to evaluate and recognise improvements for their own and others skills.</p>	<p>Objectives & Skills: Pupils will create short dance sequences, using travel, turn, jump, gesture, pause and fall, within safe practice. Pupils will copy and repeat actions and series of actions. Pupils will work individually, with a partner and as a group. Pupils will create movements that involve matching and mirroring. Pupils will learn how to count to music and use counts to keep in time.</p>	<p>Objectives & Skills: Pupils explore movement, stillness, and how to find and use space safely. They experiment basic gymnastic actions on the floor and using apparatus. They copy, create, remember and repeat, short movement phrases of 'like' linked actions, eg two jumps, or two rolls. In gymnastics as a whole, pupils use skills and agilities individually, in combination and in sequence, with the aim of showing as much control and precision as possible.</p>	<p>Objectives & Skills: Pupils develop basic game-playing skills, in particular throwing and catching and dribbling. They play games based on invasion games (like basketball and football). They have an opportunity to play one against one, one against two, and one against three. In all games activities, pupils think about how to use skills, strategies and tactics to outwit the opposition.</p>	<p>Objectives & Skills: Pupils develop basic striking and fielding games -playing skills, in particular striking a ball, throwing and catching. They play games based on striking and fielding games (like rounders and cricket). They have an opportunity to play one against one, one against two, and one against three. Pupils will begin to think about how to use skills, strategies and tactics to outwit the opposition.</p>	<p>Objectives & Skills: Pupils develop basic game-playing skills, in particular throwing and catching and using a racket. They play games based on net games (like tennis and badminton). They have an opportunity to play one against one, one against two, and one against three. In all games activities, children think about how to use skills, strategies and tactics to outwit the opposition.</p>

Class Teacher

Theme: Invasion Games (Football)	Theme: Invasion Games (Hockey)	Theme: Gymnastics (Floor)	Theme: Orienteering and Adventurous Activities	Theme: Fitness and Athletics	Theme: Striking and fielding (Kwikcricket)
<p>Objectives & Skills: Pupils develop basic game-playing skills, in particular</p>	<p>Objectives & Skills: Pupils develop basic game-playing skills, in particular</p>	<p>Objectives & Skills: Pupils explore movement, stillness, and how to find and</p>	<p>Objectives & Skills: Pupils will take part in group activities to solve problems.</p>	<p>Objectives & Skills: Pupils concentrate on developing good basic</p>	<p>Objectives & Skills: Pupils develop basic striking and fielding games -playing</p>

dribbling. They have an opportunity to play one against one, one against two, and one against three. In all games activities, pupils think about how to use skills, strategies and tactics to outwit the opposition.	dribbling. They have an opportunity to play one against one, one against two, and one against three. In all games activities, pupils think about how to use skills, strategies and tactics to outwit the opposition.	use space safely. They experiment basic gymnastic actions on the floor. They copy, create, remember and repeat, short movement phrases of 'like' linked actions, eg two jumps, or two rolls. In gymnastics as a whole, pupils use skills and agilities individually, in combination and in sequence, with the aim of showing as much control and precision as possible.	They will learn to follow simple maps.	running, jumping and throwing techniques. They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, children think about how to achieve the greatest possible speed, height, distance or accuracy.	skills, in particular striking a ball, throwing and catching. They have an opportunity to play one against one, one against two, and one against three. Pupils will begin to think about how to use skills, strategies and tactics to outwit the opposition.
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Key Stage 1 – EARTH – Year 2

Get Set

Theme: Fundamentals/ Athletics	Theme: Dance	Theme: Gymnastics (Apparatus)	Theme: Ball Skills	Theme: Games (Striking and fielding)	Theme: Games (Net and wall)
Objectives & Skills: Pupils will develop skills required in Athletic activities such as running at different speeds, changing direction, jumping and throwing. Pupils will accurately replicate running challenges and competitions that require speed and changes in direction. In all athletic based activities, pupils will engage in performing skills and measuring performance. Pupils will develop the ability to follow safety procedures and handle equipment correctly. Pupils will be asked to evaluate and recognise improvements for their own and others skills.	Objectives & Skills: Pupils will create short dance sequences, using travel, turn, jump, gesture, pause and fall, within safe practice. Pupils will copy and repeat actions and series of actions. Pupils will work individually, with a partner and as a group. Pupils will create movements that involve matching and mirroring. Pupils will learn how to count to music and use counts to keep in time.	Objectives & Skills: Pupils explore movement, stillness, and how to find and use space safely. They experiment basic gymnastic actions on the floor and using apparatus. They copy, create, remember and repeat, short movement phrases of 'like' linked actions, eg two jumps, or two rolls. In gymnastics as a whole, pupils use skills and agilities individually, in combination and in sequence, with the aim of showing as much control and precision as possible.	Objectives & Skills: Pupils develop basic game-playing skills, in particular throwing and catching and dribbling. They play games based on invasion games (like basketball and football). They have an opportunity to play one against one, one against two, and one against three. In all games activities, pupils think about how to use skills, strategies and tactics to outwit the opposition.	Objectives & Skills: Pupils develop basic striking and fielding games -playing skills, in particular striking a ball, throwing and catching. They play games based on striking and fielding games (like rounders and cricket). They have an opportunity to play one against one, one against two, and one against three. Pupils will begin to think about how to use skills, strategies and tactics to outwit the opposition.	Objectives & Skills: Pupils develop basic game-playing skills, in particular throwing and catching and using a racket. They play games based on net games (like tennis and badminton). They have an opportunity to play one against one, one against two, and one against three. In all games activities, children think about how to use skills, strategies and tactics to outwit the opposition.

Class Teacher

Theme: Invasion Games (Football)	Theme: Invasion Games (Hockey)	Theme: Gymnastics (Floor)	Theme: Orienteering and Adventurous Activities	Theme: Fitness and Athletics	Theme: Striking and fielding (Kwikcricket)

<p>Objectives & Skills: Pupils develop basic game-playing skills, in particular dribbling. They have an opportunity to play one against one, one against two, and one against three. In all games activities, pupils think about how to use skills, strategies and tactics to outwit the opposition.</p>	<p>Objectives & Skills: Pupils develop basic game-playing skills, in particular dribbling. They have an opportunity to play one against one, one against two, and one against three. In all games activities, pupils think about how to use skills, strategies and tactics to outwit the opposition.</p>	<p>Objectives & Skills: Pupils explore movement, stillness, and how to find and use space safely. They experiment basic gymnastic actions on the floor. They copy, create, remember and repeat, short movement phrases of 'like' linked actions, eg two jumps, or two rolls. In gymnastics as a whole, pupils use skills and agilities individually, in combination and in sequence, with the aim of showing as much control and precision as possible.</p>	<p>Objectives & Skills: Pupils will take part in group activities to solve problems. They will learn to follow simple maps.</p>	<p>Objectives & Skills: Pupils concentrate on developing good basic running, jumping and throwing techniques. They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, children think about how to achieve the greatest possible speed, height, distance or accuracy.</p>	<p>Objectives & Skills: Pupils develop basic striking and fielding games -playing skills, in particular striking a ball, throwing and catching. They have an opportunity to play one against one, one against two, and one against three. Pupils will begin to think about how to use skills, strategies and tactics to outwit the opposition.</p>
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Key Stage 2 – MARS – Year 3

Get Set

Theme: Swimming	Theme: Swimming	Theme: Gymnastics (Apparatus)	Theme: Striking and Fielding (Cricket)	Theme: Swimming or Invasion Games (Netball)	Theme: Swimming or Athletics
<p>Objectives & Skills: All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to:</p> <ul style="list-style-type: none"> ❖ swim competently, confidently and proficiently over a distance of at least 25 metres ❖ use a range of strokes [for example, front crawl, backstroke and breaststroke] effectively ❖ perform safe self-rescue in different water-based situations. <p>Pupils will be taught according to their starting points. Children will be taught in two groups by two different instructors.</p>	<p>Objectives & Skills: All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to:</p> <ul style="list-style-type: none"> ❖ swim competently, confidently and proficiently over a distance of at least 25 metres ❖ use a range of strokes [for example, front crawl, backstroke and breaststroke] effectively ❖ perform safe self-rescue in different water-based situations. <p>Pupils will be taught according to their starting points. Children will be taught in two groups by two different instructors.</p>	<p>Objectives & Skills: Pupils focus on improving the quality of their movement, eg by <i>stretching fingers and pointing toes</i>, to help them produce tension and extension. They plan and perform sequences of contrasting actions, and develop flow by linking actions smoothly and planning variations in speed. In Gymnastics as a whole, pupils use skills and agilities individually, in combination and in sequence, with the aim of showing as much control and precision as possible.</p>	<p>Objectives & Skills: Pupils learn how to hit or strike the ball into spaces, so that they can score runs in different ways. When fielding, they learn how to work together to keep the batters' scores down. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In Cricket, pupils achieve this by striking a ball and trying to deceive or avoid fielders, so that they can run between wickets to score runs. When fielding, they try to prevent runs or points being scored.</p>	<p>Objectives & Skills: Pupils will learn to contribute to the game by helping to keep possession of the ball, use simple attacking tactics using a range of throwing, catching and dribbling skills. They will start by playing uneven and then move onto even sided games. They will start to think about defending another player. Children will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition. They will learn how to evaluate their own and others' performances, and how to identify a focus for improvement.</p>	<p>Objectives & Skills: Pupils concentrate on developing good basic running, jumping and throwing techniques. They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, children think about how to achieve the greatest possible speed, height, distance or accuracy.</p>

Group 1 in the smaller pool Children who are unable to swim or are in the early stages of learning to swim. Group 2 in the big pool Children who are developing as swimmers.	Group 1 in the smaller pool Children who are unable to swim or are in the early stages of learning to swim. Group 2 in the big pool Children who are developing as swimmers.				
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Class Teacher

Theme: Invasion Games (Football)	Theme: Invasion Games (Hockey)	Theme: Net Games (Tennis) Islington Tennis club	Theme: Net Games (Tennis) Islington Tennis club	Theme: Fitness and Athletics	Theme: Striking and fielding (Rounders)
Objectives & Skills: Pupils will learn to contribute to the game by helping to keep possession of the ball, use simple attacking tactics using a range of throwing, catching and dribbling skills. They will start by playing uneven and then move onto even sided games. They will start to think about defending another player. Children will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition. They will learn how to evaluate their own and others' performances, and how to identify a focus for improvement.	Objectives & Skills: Pupils will learn to contribute to the game by helping to keep possession of the ball, use simple attacking tactics using a range of throwing, catching and dribbling skills. They will start by playing uneven and then move onto even sided games. They will start to think about defending another player. Children will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition. They will learn how to evaluate their own and others' performances, and how to identify a focus for improvement.	Objectives & Skills: Pupils develop the range and quality of their racket skills when playing Tennis. They also learn specific tactics and skills such as a forehand and backhand groundstroke. In all games activities, children have to think about how they use skills, strategies and tactics to outwit the opposition. In Tennis, pupils achieve this by sending a ball towards the court area, which their opponent is defending. The aim is to get the ball to land in the target area and make it difficult for the opponent to return it.	Objectives & Skills: Pupils develop the range and quality of their racket skills when playing Tennis. They also learn specific tactics and skills such as a forehand and backhand groundstroke. In all games activities, children have to think about how they use skills, strategies and tactics to outwit the opposition. In Tennis, pupils achieve this by sending a ball towards the court area, which their opponent is defending. The aim is to get the ball to land in the target area and make it difficult for the opponent to return it.	Objectives & Skills: Pupils concentrate on developing good basic running, jumping and throwing techniques. They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, children think about how to achieve the greatest possible speed, height, distance or accuracy.	Objectives & Skills: Pupils learn how to hit or strike the ball into spaces, so that they can score runs in different ways. When fielding, they learn how to work together to keep the batters' scores down. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In Rounders, pupils achieve this by hitting a ball and trying to deceive or avoid fielders, so that they can run between bases to score runs. When fielding, they try to prevent Rounders being scored.

Key Stage 2 – JUPITER – Year 3 & 4

Get Set

Theme: Invasion Games (Tag Rugby)	Theme: Dance	Theme: Swimming	Theme: Swimming	Theme: Invasion Games (Netball)	Theme: Athletics
Objectives & Skills: Pupils will learn to contribute to the game by helping to keep possession of the ball, use simple attacking tactics	Objectives & Skills: Pupils perform dances, focusing on creating, adapting and linking a range of dance actions. These are	Objectives & Skills: All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be	Objectives & Skills: All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be	Objectives & Skills: Pupils will learn to contribute to the game by helping to keep possession of the ball, use simple attacking tactics	Objectives & Skills: Pupils concentrate on developing good basic running, jumping and throwing techniques. They

<p>using a range of throwing, catching and dribbling skills. They will start by playing uneven and then move onto even sided games. They will start to think about defending another player. Children will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition. They will learn how to evaluate their own and others' performances, and how to identify a focus for improvement.</p>	<p>inspired by a variety of subjects. They work with a partner and in small groups. In dance as a whole, children think about how to use movement to explore and communicate ideas and issues, and their own feelings and thoughts.</p>	<p>taught to:</p> <ul style="list-style-type: none"> ❖ swim competently, confidently and proficiently over a distance of at least 25 metres ❖ use a range of strokes [for example, front crawl, backstroke and breaststroke] effectively ❖ perform safe self-rescue in different water-based situations. <p>Pupils will be taught according to their starting points. Children will be taught in two groups by two different instructors. Group 1 in the smaller pool Children who are unable to swim or are in the early stages of learning to swim. Group 2 in the big pool Children who are developing as swimmers.</p>	<p>taught to:</p> <ul style="list-style-type: none"> ❖ swim competently, confidently and proficiently over a distance of at least 25 metres ❖ use a range of strokes [for example, front crawl, backstroke and breaststroke] effectively ❖ perform safe self-rescue in different water-based situations. <p>Pupils will be taught according to their starting points. Children will be taught in two groups by two different instructors. Group 1 in the smaller pool Children who are unable to swim or are in the early stages of learning to swim. Group 2 in the big pool Children who are developing as swimmers.</p>	<p>using a range of throwing, catching and dribbling skills. They will start by playing uneven and then move onto even sided games. They will start to think about defending another player. Children will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition. They will learn how to evaluate their own and others' performances, and how to identify a focus for improvement.</p>	<p>are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, children think about how to achieve the greatest possible speed, height, distance or accuracy.</p>
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Class Teacher

Theme: Invasion Games (Football)	Theme: Invasion Games (Hockey)	Theme: Net Games (Tennis) Islington Tennis club	Theme: Net Games (Tennis) Islington Tennis club	Theme: Fitness and Athletics	Theme: Striking and fielding (Rounders)
<p>Objectives & Skills: Pupils will learn to contribute to the game by helping to keep possession of the ball, use simple attacking tactics using a range of throwing, catching and dribbling skills. They will start by playing uneven and then move onto even sided games. They will start to think about defending another player. Children will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition. They will learn how to evaluate their own</p>	<p>Objectives & Skills: Pupils will learn to contribute to the game by helping to keep possession of the ball, use simple attacking tactics using a range of throwing, catching and dribbling skills. They will start by playing uneven and then move onto even sided games. They will start to think about defending another player. Children will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition. They will learn how to evaluate</p>	<p>Objectives & Skills: Pupils develop the range and quality of their racket skills when playing Tennis. They also learn specific tactics and skills such as a forehand and backhand groundstroke. In all games activities, children have to think about how they use skills, strategies and tactics to outwit the opposition. In Tennis, pupils achieve this by sending a ball towards the court area, which their opponent is defending. The aim is to get the ball to land in the target area and</p>	<p>Objectives & Skills: Pupils develop the range and quality of their racket skills when playing Tennis. They also learn specific tactics and skills such as a forehand and backhand groundstroke. In all games activities, children have to think about how they use skills, strategies and tactics to outwit the opposition. In Tennis, pupils achieve this by sending a ball towards the court area, which their opponent is defending. The aim is to get the ball to land in the target area and</p>	<p>Objectives & Skills: Pupils concentrate on developing good basic running, jumping and throwing techniques. They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, children think about how to achieve the greatest possible speed, height, distance or accuracy.</p>	<p>Objectives & Skills: Pupils learn how to hit or strike the ball into spaces, so that they can score runs in different ways. When fielding, they learn how to work together to keep the batters' scores down. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In Rounders, pupils achieve this by hitting a ball and trying to deceive or avoid fielders, so that they can run between bases to score runs. When</p>

and others' performances, and how to identify a focus for improvement.	their own and others' performances, and how to identify a focus for improvement.	make it difficult for the opponent to return it.	make it difficult for the opponent to return it.		fielding, they try to prevent Rounders being scored.
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Key Stage 2 –SATURN – Year 4 and 5

Get Set

Theme: Swimming	Theme: Swimming	Theme: Gymnastics (Apparatus)	Theme: Striking and Fielding (Cricket)	Theme: Invasion Games (Netball)	Theme: Athletics
<p>Objectives & Skills: All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to:</p> <ul style="list-style-type: none"> ❖ swim competently, confidently and proficiently over a distance of at least 25 metres ❖ use a range of strokes [for example, front crawl, backstroke and breaststroke] effectively ❖ perform safe self-rescue in different water-based situations. <p>Pupils will be taught according to their starting points. Children will be taught in two groups by two different instructors. Group 1 in the smaller pool Children who are unable to swim or are in the early stages of learning to swim. Group 2 in the big pool Children who are developing as swimmers.</p>	<p>Objectives & Skills: All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to:</p> <ul style="list-style-type: none"> ❖ swim competently, confidently and proficiently over a distance of at least 25 metres ❖ use a range of strokes [for example, front crawl, backstroke and breaststroke] effectively ❖ perform safe self-rescue in different water-based situations. <p>Pupils will be taught according to their starting points. Children will be taught in two groups by two different instructors. Group 1 in the smaller pool Children who are unable to swim or are in the early stages of learning to swim. Group 2 in the big pool Children who are developing as swimmers.</p>	<p>Objectives & Skills: Pupils focus on improving the quality of their movement, eg <i>by stretching fingers and pointing toes</i>, to help them produce tension and extension. They plan and perform sequences of contrasting actions, and develop flow by linking actions smoothly and planning variations in speed. In Gymnastics as a whole, pupils use skills and abilities individually, in combination and in sequence, with the aim of showing as much control and precision as possible.</p>	<p>Objectives & Skills: Pupils learn how to hit or strike the ball into spaces, so that they can score runs in different ways. When fielding, they learn how to work together to keep the batters' scores down. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In Cricket, pupils achieve this by striking a ball and trying to deceive or avoid fielders, so that they can run between wickets to score runs. When fielding, they try to prevent runs or points being scored.</p>	<p>Objectives & Skills: Pupils will learn to contribute to the game by helping to keep possession of the ball, use simple attacking tactics using a range of throwing, catching and dribbling skills. They will start by playing uneven and then move onto even sided games. They will start to think about defending another player. Children will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition. They will learn how to evaluate their own and others' performances, and how to identify a focus for improvement.</p>	<p>Objectives & Skills: Pupils concentrate on developing good basic running, jumping and throwing techniques. They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, children think about how to achieve the greatest possible speed, height, distance or accuracy.</p>

Class Teacher

Theme: Invasion Games (Football)	Theme: Invasion Games (Hockey)	Theme: Gymnastics (Floor)	Theme: Orienteering and adventurous activities	Theme: Net Games (Tennis) Islington Tennis club	Theme: Striking and fielding (Rounders)
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<p>Objectives & Skills: Pupils will learn to contribute to the game by helping to keep possession of the ball, use simple attacking tactics using a range of throwing, catching and dribbling skills. They will start by playing uneven and then move onto even sided games. They will start to think about defending another player. Children will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition. They will learn how to evaluate their own and others' performances, and how to identify a focus for improvement.</p>	<p>Objectives & Skills: Pupils will learn to contribute to the game by helping to keep possession of the ball, use simple attacking tactics using a range of throwing, catching and dribbling skills. They will start by playing uneven and then move onto even sided games. They will start to think about defending another player. Children will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition. They will learn how to evaluate their own and others' performances, and how to identify a focus for improvement.</p>	<p>Objectives & Skills: Pupils focus on improving the quality of their movement, <i>eg by stretching fingers and pointing toes</i>, to help them produce tension and extension. They plan and perform sequences of contrasting actions, and develop flow by linking actions smoothly and planning variations in speed. In Gymnastics as a whole, pupils use skills and abilities individually, in combination and in sequence, with the aim of showing as much control and precision as possible.</p>	<p>Objectives & Skills: Pupil will learn to follow a map. They will use clue and compass directions to navigate a route. They will learn to change their route if there is a problem. They will learn to change their plan if they get new information.</p>	<p>Objectives & Skills: Pupils develop the range and quality of their racket skills when playing Tennis. They also learn specific tactics and skills such as a forehand and backhand groundstroke. In all games activities, children have to think about how they use skills, strategies and tactics to outwit the opposition. In Tennis, pupils achieve this by sending a ball towards the court area, which their opponent is defending. The aim is to get the ball to land in the target area and make it difficult for the opponent to return it.</p>	<p>Objectives & Skills: Pupils learn how to hit or strike the ball into spaces, so that they can score runs in different ways. When fielding, they learn how to work together to keep the batters' scores down. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In Rounders, pupils achieve this by hitting a ball and trying to deceive or avoid fielders, so that they can run between bases to score runs. When fielding, they try to prevent Rounders being scored.</p>
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Key Stage 2 – NEPTUNE – Year 5

Get Set

Theme: Invasion Games (Tag Rugby)	Theme: Dance	Theme: Swimming	Theme: Swimming	Theme: Invasion Games (Netball)	Theme: Athletics
<p>Objectives & Skills: Pupils will learn to contribute to the game by helping to keep possession of the ball, use simple attacking tactics using a range of throwing, catching and dribbling skills. They will start by playing uneven and then move onto even sided games. They will start to think about defending another player. Children will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition. They will learn how to evaluate their own and others' performances,</p>	<p>Objectives & Skills: Children learn different styles of dance and focus on dancing with other people. They create, perform and watch dances in a range of styles, working with partners and groups. In dance as a whole, pupils think about how to use movement to explore and communicate ideas and issues, and their own feelings and thoughts. As they work, they develop an awareness of the historical and cultural origins of different dances.</p>	<p>Objectives & Skills: All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to:</p> <ul style="list-style-type: none"> ❖ swim competently, confidently and proficiently over a distance of at least 25 metres ❖ use a range of strokes [for example, front crawl, backstroke and breaststroke] effectively ❖ perform safe self-rescue in different water-based situations. 	<p>Objectives & Skills: All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to:</p> <ul style="list-style-type: none"> ❖ swim competently, confidently and proficiently over a distance of at least 25 metres ❖ use a range of strokes [for example, front crawl, backstroke and breaststroke] effectively ❖ perform safe self-rescue in different water-based situations. 	<p>Objectives & Skills: Pupils will learn to contribute to the game by helping to keep possession of the ball, use simple attacking tactics using a range of throwing, catching and dribbling skills. They will start by playing uneven and then move onto even sided games. They will start to think about defending another player. Children will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition. They will learn how to evaluate their own and others' performances,</p>	<p>Objectives & Skills: Pupils concentrate on developing good basic running, jumping and throwing techniques. They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, children think about how to achieve the greatest possible speed, height, distance or accuracy.</p>

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Class Teacher					
Theme: Invasion Games (Football)	Theme: Invasion Games (Hockey)	Theme: Gymnastics (Floor)	Theme: Orienteering and adventurous activities	Theme: Striking and fielding (Rounders)	Theme: Net Games (Tennis) Islington Tennis club
<p>Objectives & Skills: Pupils will learn to contribute to the game by helping to keep possession of the ball, use simple attacking tactics using a range of throwing, catching and dribbling skills. They will start by playing uneven and then move onto even sided games. They will start to think about defending another player. Children will be encouraged to think about how to use</p>	<p>Objectives & Skills: Pupils will learn to contribute to the game by helping to keep possession of the ball, use simple attacking tactics using a range of throwing, catching and dribbling skills. They will start by playing uneven and then move onto even sided games. They will start to think about defending another player. Children will be encouraged to think about how to use skills, strategies</p>	<p>Objectives & Skills: Pupils focus on improving the quality of their movement, eg <i>by stretching fingers and pointing toes</i>, to help them produce tension and extension. They plan and perform sequences of contrasting actions, and develop flow by linking actions smoothly and planning variations in speed. In Gymnastics as a whole, pupils use skills and abilities</p>	<p>Objectives & Skills: Pupils will learn to plan a route and a series of clues for someone else. They will learn to plan for others, taking into account safety and dangers.</p>	<p>Objectives & Skills: Pupils learn how to hit or strike the ball into spaces, so that they can score runs in different ways. When fielding, they learn how to work together to keep the batters' scores down. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In Rounders, pupils achieve this by hitting a ball and trying to</p>	<p>Objectives & Skills: Pupils develop the range and quality of their racket skills when playing Tennis. They also learn specific tactics and skills such as a forehand and backhand groundstroke. In all games activities, children have to think about how they use skills, strategies and tactics to outwit the opposition. In Tennis, pupils achieve this by sending a ball towards the</p>

<p>skills, strategies and tactics to outwit the opposition. They will learn how to evaluate their own and others' performances, and how to identify a focus for improvement.</p>	<p>and tactics to outwit the opposition. They will learn how to evaluate their own and others' performances, and how to identify a focus for improvement.</p>	<p>individually, in combination and in sequence, with the aim of showing as much control and precision as possible.</p>		<p>deceive or avoid fielders, so that they can run between bases to score runs. When fielding, they try to prevent Rounders being scored.</p>	<p>court area, which their opponent is defending. The aim is to get the ball to land in the target area and make it difficult for the opponent to return it.</p>
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