PHYSICAL EDUCATION OVERVIEW - 2018-2019



Aut	umn	Spi	ring	Sun	nmer			
	Key Stage 1 – MERCURY – Year 1							
		Get	t 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.
		, ,	ENUS- Year 1 & 2		
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	Objectives & Skills: Pupils develop basic game- playing skills, in particular	Objectives & Skills: Pupils explore movement, stillness, and how to find and	Objectives & Skills: Pupils will take part in group activities to solve problems.	Objectives & Skills: Pupils concentrate on developing good basic	Objectives & Skills: Pupils develop basic striking and fielding games -playing

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.
		Key Stage 1 – I	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 1	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 gameplaying 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.

Objectives & Skills:

Pupils develop basic gameplaying 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.

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.

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 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 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.

Key Stage 2 - MARS - Year 3

Get Set

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Theme:	Theme:	Theme:	Theme:	Theme:	Theme:	
Swimming	Swimming	Gymnastics (Apparatus)	Striking and Fielding	Swimming or Invasion	Swimming or Athletics	
		, , , ,	(Cricket)	Games (Netball)		
Objectives & Skills:	Objectives & Skills:	Objectives & Skills:	Objectives & Skills:	Objectives & Skills:	Objectives & Skills:	
All schools must provide	All schools must provide	Pupils focus on improving the	Pupils learn how to hit or	Pupils will learn to contribute	Pupils concentrate on	
swimming instruction either	swimming instruction either	quality of their movement, eg	strike the ball into spaces, so	to the game by helping to	developing good basic	
in key stage 1 or key stage 2.	in key stage 1 or key stage 2.	by stretching fingers and	that they can score runs in	keep possession of the ball,	running, jumping and	
In particular, pupils should be	In particular, pupils should be	pointing toes, to help them	different ways. When fielding,	use simple attacking tactics	throwing techniques. They	
taught to:	taught to:	produce tension and	they learn how to work	using a range of throwing,	are set challenges for	
swim competently,	swim competently,	extension. They plan and	together to keep the batters'	catching and dribbling skills.	distance and time that involve	
confidently and	confidently and	perform sequences of	scores down. In all games	They will start by playing	using different styles and	
proficiently over a	proficiently over a	contrasting actions, and	activities, pupils have to think	uneven and then move onto	combinations of running,	
distance of at least 25	distance of at least 25	develop flow by linking	about how they use skills,	even sided games. They will	jumping and throwing. As in	
metres	metres	actions smoothly and	strategies and tactics to	start to think about defending	all athletic activities, children	
use a range of strokes	use a range of strokes	planning variations in speed.	outwit the opposition. In	another player. Children will	think about how to achieve	
[for example, front	[for example, front	In Gymnastics as a whole,	Cricket, pupils achieve this	be encouraged to think about	the greatest possible speed,	
crawl, backstroke and	crawl, backstroke and	pupils use skills and agilities	by striking a ball and trying to	how to use skills, strategies	height, distance or accuracy.	
breaststroke] effectively	breaststroke] effectively	individually, in combination	deceive or avoid fielders, so	and tactics to outwit the		
perform safe self-	perform safe self-	and in sequence, with the	that they can run between	opposition. They will learn		
rescue in different	rescue in different	aim of showing as much	wickets to score runs. When	how to evaluate their own		
water-based situations.	water-based situations.	control and precision as	fielding, they try to prevent	and others' performances,		
Pupils will be taught	Pupils will be taught	possible.	runs or points being scored.	and how to identify a focus		
according to their starting	according to their starting			for improvement.		
points.	points.					
Children will be taught in two	Children will be taught in two					
groups by two different	groups by two different					
instructors.	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.	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.	Class	Teacher			
Theme:	Theme:	Theme:	Theme:		Theme:	
Invasion Games	Invasion Games	Net Games (Tennis)	Net Games (Tennis)	Theme:	Striking and fielding	
(Football)	(Hockey)	Islington Tennis club	Islington Tennis club	Fitness and Athletics	(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					
			t Set			
Theme:	Theme:	Theme:	Theme:	Theme:	Theme:	
Invasion Games (Tag Rugby)	Dance	Swimming	Swimming	Invasion Games (Netball)	Athletics	
Objectives & Skills:	Objectives & Skills:	Objectives & Skills:	Objectives & Skills:	Objectives & Skills:	Objectives & Skills:	
Dunile will learn to contribute	Dunile newferms denses	All askasla marrat musicials	All askasla marrat musicials	Dunila will langua ta anatributa	Dunile semesatuate en	

All schools must provide

swimming instruction either in

In particular, pupils should be

key stage 1 or key stage 2.

Pupils will learn to contribute

to the game by helping to

keep possession of the ball,

use simple attacking tactics

Pupils concentrate on

developing good basic

throwing techniques. They

running, jumping and

All schools must provide

swimming instruction either

in key stage 1 or key stage 2.

In particular, pupils should be

Pupils will learn to contribute

to the game by helping to

keep possession of the ball,

use simple attacking tactics

Pupils perform dances,

adapting and linking a range

of dance actions. These are

focusing on creating,

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.

taught to:

- 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 selfrescue in different water-based situations.

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.

taught to:

- 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.

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.

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.

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.

Class Teacher

Theme: Invasion Games (Football)

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

Theme: Invasion Games (Hockey)

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

Theme: Net Games (Tennis) Islington Tennis club

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

Theme: Net Games (Tennis) Islington Tennis club

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

Theme: Fitness and Athletics

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.

Theme: Striking and fielding (Rounders)

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

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.
		Key Stage 2 –SAT	URN – Year 4 and 5		
		Get	: Set		
Theme: Swimming	Theme: Swimming	Theme: Gymnastics (Apparatus)	Theme: Striking and Fielding (Cricket)	Theme: Invasion Games (Netball)	Theme: Athletics
Objectives & Skills: All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to: * 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. 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.	Objectives & Skills: All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to: * 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. 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.	Objectives & Skills: Pupils focus on improving the quality of their movement, eg by stretching fingers and pointing toes, 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.	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.	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 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.
		Class ⁻	Teacher Teacher		
Theme: Invasion Games (Football)	Theme: Invasion Games (Hockey)	Theme: Gymnastics (Floor)	Theme: Orienteering and adventurous activities	Theme: Net Games (Tennis) <mark>Islington Tennis club</mark>	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.

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Objectives & Skills:

Pupils focus on improving the quality of their movement, eg by stretching fingers and pointing toes, 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.

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.

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 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 - NEPTUNE - Year 5

Get Set

Theme:	
Invasion	Games (Tag
Rugby)	

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,

Dance

Theme:

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.

Objectives & Skills:

Theme:

Swimming

All schools must provide swimming instruction either

in key stage 1 or key stage 2. In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes Ifor example, front crawl, backstroke and breaststroke] effectively
- perform safe selfrescue in different water-based situations.

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Theme: **Invasion Games** (Netball)

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,

Theme: Athletics

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.

and how to identify a focus for improvement.		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.	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.	and how to identify a focus for improvement.	
		Class 1	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
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 focus on improving the quality of their movement, eg by stretching fingers and pointing toes, 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.	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.	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.	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.
			PLUTO- Year 6		
			Set		
Theme: Invasion Games (Tag Rugby)	Theme: Dance	Theme: Gymnastics (Apparatus)	Theme: Striking and Fielding (Cricket)	Theme: Swimming	Theme: Swimming
Objectives & Skills:	Objectives & Skills:	Objectives & Skills:	Objectives & Skills:	Objectives & Skills:	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.	Pupils perform dances, focusing on creating, adapting and linking a range of dance actions. These are 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.	Pupils focus on improving the quality of their movement, eg by stretching fingers and pointing toes, 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.	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.	All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to: * 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. 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	All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to: * 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. 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
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Invasion Games (Football)	Invasion Games (Hockey)	Gymnastics (Floor)	Theme: Orienteering and adventurous activities	Theme: Striking and fielding (Rounders)	Net Games (Tennis) Islington Tennis club
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	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	Objectives & Skills: Pupils focus on improving the quality of their movement, eg by stretching fingers and pointing toes, 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	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.	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	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

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