



National Curriculum Aims and Key Stage Objectives

National Curriculum Aims


- Engage in Sports and Activities
- Lead healthy, active lives
- Develop competence to excel in a broad range of physical activities
- Physically Active for sustained periods of time

KS1 Objectives

- Master basic movements including running, jumping, throwing and catching. As well as develop balance, agility and co-ordination
- Participate in team games, developing simple tactics for attacking and defending
- Perform dances using simple movement patterns

KS2 Objectives

- Use running, throwing and catching in isolation and in combination
- Take part in adventurous activity challenges, both individually and within a team
- Develop flexibility, strength, technique, control and balance
- Play competitive games and apply basic principles, suitable for attacking and defending
- Compare performances with previous ones and demonstrate improvement to achieve personal best
- Perform dances using a range of movement patterns

 Curriculum Map	Term 1 Autumn 1	Term 2 Autumn 2	Term 3 Spring 1	Term 4 Spring 2	Term 5 Summer 1	Term 6 Summer 2
Reception	FUNdamental's	Dribbling + Ball Skills	Dance	Multi Sports	Catching, Throwing + Rolling	Athletics
Year 1+2	ABC Games	Dribbling + Ball Skills	Gymnastics	Invasion Games	Striking + Fielding	Athletics
Year 3+4 First Year	Primary: Football Secondary: Basketball	Primary: Netball Secondary: Children's Choice	Primary: Dance Secondary: Badminton	Primary: Hockey Secondary: Circuit + Indoor Fitness	Primary: Tennis Secondary: Children's Choice	Primary: Athletics Secondary: Striking Games
Year 3+4 Second Year	Primary: Football Secondary: Netball	Primary: Basketball Secondary: Children's Choice	Primary: Gymnastics Secondary: Badminton	Primary: Tag Rugby Secondary: Dance	Primary: Cricket Secondary: Children's Choice	Primary: Rounders Secondary: Athletics
Year 5+6 First Year	Primary: Football Secondary: Basketball	Primary: Netball Secondary: Children's Choice	Primary: Dance Secondary: Badminton	Primary: Hockey Secondary: Circuit + Indoor Fitness	Primary: Tennis Secondary: Children's Choice	Primary: Athletics Secondary: Striking Games
Year 5+6 Second Year	Primary: Football Secondary: Netball	Primary: Basketball Secondary: Children's Choice	Primary: Gymnastics Secondary: Badminton	Primary: Tag Rugby Secondary: Dance	Primary: Cricket Secondary: Children's Choice	Primary: Rounders Secondary: Athletics

Reception <i>Year Curriculum</i>	Topic	Skills	National Curriculum Aims and Key Stage Objectives
Term 1 Autumn 1	FUNdamental's	Maximise enjoyment Improving social skills Improving our ABC's	Master basic movements including running, jumping, throwing and catching. As well as develop balance, agility and co-ordination.
Term 2 Autumn 2	Dribbling + Ball Skills	Focusing on close control Improving agility Improving concentration Working on eye-Hand Coordination	Master basic movements including running, jumping, throwing and catching. As well as develop balance, agility and co-ordination.
Term 3 Spring 1	Dance	Following step by step demonstrations Using expression and emotion Enhancing creativity	Perform dances using simple movement patterns.
Term 4 Spring 2	Multi Sports	Learning and following rules Combining skills from other topics Developing teamwork	Participate in team games, developing simple tactics for attacking and defending.
Term 5 Summer 1	Catching, Throwing + Rolling	Looking at our catching, throwing and rolling techniques Eye-Hand Coordination Combining accuracy and power	Master basic movements including running, jumping, throwing and catching. As well as develop balance, agility and co-ordination.
Term 6 Summer 2	Athletics	Looking at the difference between acceleration and sprint speed Different techniques of throwing	Master basic movements including running, jumping, throwing and catching. As well as develop balance, agility and co-ordination.

<p style="text-align: center;">Year 1+2 <i>Year Curriculum</i></p>	<p style="text-align: center;">Topic</p>	<p style="text-align: center;">Skills</p>	<p style="text-align: center;">National Curriculum Aims and Key Stage Objectives</p>
<p style="text-align: center;">Term 1 Autumn 1</p>	<p style="text-align: center;">ABC Games</p>	<p style="text-align: center;">Improving agility, balance and coordination, in a range of different activities and games</p>	<p>Master basic movements including running, jumping, throwing and catching. As well as develop balance, agility and co-ordination.</p>
<p style="text-align: center;">Term 2 Autumn 2</p>	<p style="text-align: center;">Dribbling + Ball Skills</p>	<p style="text-align: center;">Working on close control Focusing on spatial awareness Developing technique Exploring a range of different Sports</p>	<p>Master basic movements including running, jumping, throwing and catching. As well as develop balance, agility and co-ordination.</p>
<p style="text-align: center;">Term 3 Spring 1</p>	<p style="text-align: center;">Gymnastics</p>	<p style="text-align: center;">Develop a range of balancing, jumping and rolling moves Create sequences, both individually and in small groups</p>	<p>Perform dances using simple movement patterns.</p>
<p style="text-align: center;">Term 4 Spring 2</p>	<p style="text-align: center;">Invasion Games</p>	<p style="text-align: center;">Attacking and defending Developing teamwork Sharing roles and responsibilities</p>	<p>Participate in team games, developing simple tactics for attacking and defending.</p>
<p style="text-align: center;">Term 5 Summer 1</p>	<p style="text-align: center;">Striking + Fielding</p>	<p style="text-align: center;">Eye/Hand Coordination Combination of accuracy, control and power Knowing the importance of technique</p>	<p>Master basic movements including running, jumping, throwing and catching. As well as develop balance, agility and co-ordination.</p>
<p style="text-align: center;">Term 6 Summer 2</p>	<p style="text-align: center;">Athletics (Sports Day Practice)</p>	<p style="text-align: center;">Looking at the difference between acceleration and sprint speed Different techniques of throwing</p>	<p>Master basic movements including running, jumping, throwing and catching. As well as develop balance, agility and co-ordination.</p>

<p>Year 3+4 - First Year <i>Year Curriculum</i></p>	<p>Topic</p>	<p>Skills</p>	<p>National Curriculum Aims and Key Stage Objectives</p>
<p>Term 1 Autumn 1</p>	<p>Football + Basketball</p>	<p>Understand the correct and range of techniques available for dribbling, shooting and passing</p>	<p>Develop flexibility, strength, technique, control and balance.</p>
<p>Term 2 Autumn 2</p>	<p>Netball + Children's Choice</p>	<p>Learn the three types of passing Learn how to pivot correctly Start to understand the positions used in Hi-5 Netball</p>	<p>Use running, throwing and catching in isolation and in combination.</p>
<p>Term 3 Spring 1</p>	<p>Dance + Badminton</p>	<p>Sequences Following step by step demonstrations and tutorials Working individually and in a group Encouraging creativity</p>	<p>Perform dances using a range of movement patterns.</p>
<p>Term 4 Spring 2</p>	<p>Hockey + Circuit + Indoor Fitness</p>	<p>Dribble with close control, knowing the advantages of being spatially aware Learn the correct technique on how push pass and shoot</p>	<p>Develop flexibility, strength, technique, control and balance.</p>
<p>Term 5 Summer 1</p>	<p>Tennis + Children's Choice</p>	<p>Learn the correct technique for forearm backhand shots Learn how to serve correctly and consistently Start to combine shots</p>	<p>Develop flexibility, strength, technique, control and balance.</p>
<p>Term 6 Summer 2</p>	<p>Athletics (Sports Day Practice) + Striking Games (Rounders + Cricket)</p>	<p>Looking at the difference between acceleration and sprint speed Different techniques of throwing</p>	<p>Compare performances with previous ones and demonstrate improvement to achieve personal best.</p>

<p>Year 3+4 Second Year <i>Year Curriculum</i></p>	<p>Topic</p>	<p>Skills</p>	<p>National Curriculum Aims and Key Stage Objectives</p>
<p>Term 1 Autumn 1</p>	<p>Football + Netball</p>	<p>Understand the correct and range of techniques available for dribbling, shooting and passing</p>	<p>Develop flexibility, strength, technique, control and balance.</p>
<p>Term 2 Autumn 2</p>	<p>Basketball + Children's Choice</p>	<p>Develop control when bouncing and dribbling Explore techniques when passing and shooting</p>	<p>Develop flexibility, strength, technique, control and balance.</p>
<p>Term 3 Spring 1</p>	<p>Gymnastics + Badminton</p>	<p>Develop a range of balancing, jumping and rolling moves Create sequences, both individually and in small groups</p>	<p>Compare performances with previous ones and demonstrate improvement to achieve personal best.</p>
<p>Term 4 Spring 2</p>	<p>Tag Rugby + Dance</p>	<p>Develop our passing technique Ensure all rules are understood Use our agility, acceleration and sprint speed skills in Tag Rugby games</p>	<p>Perform dances using a range of movement patterns.</p>
<p>Term 5 Summer 1</p>	<p>Cricket + Children's Choice</p>	<p>Learn how to bowl correctly, with good accuracy and increasing speed Explore a range of batting techniques Learn different ways to improve our fielding skills</p>	<p>Play competitive games and apply basic principles, suitable for attacking and defending.</p>
<p>Term 6 Summer 2</p>	<p>Rounders + Athletics (Sports Day Practice)</p>	<p>Learn different ways to improve our fielding skills Practice consistently hitting the ball when batting Learn the correct bowling technique</p>	<p>Compare performances with previous ones and demonstrate improvement to achieve personal best.</p>

<p>Year 5+6 First Year <i>Year Curriculum</i></p>	<p>Topic</p>	<p>Skills</p>	<p>National Curriculum Aims and Key Stage Objectives</p>
<p>Term 1 Autumn 1</p>	<p>Football + Basketball</p>	<p>Develop our dribbling, shooting and passing skills Put these skills into competitive games and matches</p>	<p>Play competitive games and apply basic principles, suitable for attacking and defending.</p>
<p>Term 2 Autumn 2</p>	<p>Netball + Children's Choice</p>	<p>Improve the three types of passing Learn how to pivot correctly Understand the positions used in Hi-5 Netball</p>	<p>Use running, throwing and catching in isolation and in combination.</p>
<p>Term 3 Spring 1</p>	<p>Dance + Badminton</p>	<p>Be able to use a stimulus in order to create a piece of work Working individually and in a group to choreograph their own dance</p>	<p>Perform dances using a range of movement patterns.</p>
<p>Term 4 Spring 2</p>	<p>Hockey + Circuit + Indoor Fitness</p>	<p>Dribble with close control, aiming to keep our head up Put the correct techniques into games and match like scenarios</p>	<p>Play competitive games and apply basic principles, suitable for attacking and defending.</p>
<p>Term 5 Summer 1</p>	<p>Tennis + Children's Choice</p>	<p>Perform the correct technique for forearm backhand shots Serve correctly and consistently Combine shots in rallies and matches</p>	<p>Develop flexibility, strength, technique, control and balance.</p>
<p>Term 6 Summer 2</p>	<p>Athletics (Sports Day Practice) + Striking Games (Rounders + Cricket)</p>	<p>Take part and learn rules and techniques in a range of different events Learn the shot put and javelin throwing techniques</p>	<p>Compare performances with previous ones and demonstrate improvement to achieve personal best.</p>

<p>Year 5+6 Second Year <i>Year Curriculum</i></p>	<p>Topic</p>	<p>Skills</p>	<p>National Curriculum Aims and Key Stage Objectives</p>
<p>Term 1 Autumn 1</p>	<p>Football + Netball</p>	<p>Develop our dribbling, shooting and passing skills Put these skills into competitive games and matches</p>	<p>Play competitive games and apply basic principles, suitable for attacking and defending.</p>
<p>Term 2 Autumn 2</p>	<p>Basketball + Children's Choice</p>	<p>Have a good range of control when bouncing and dribbling whilst being spatially aware Use a range of passing distances and techniques in matches</p>	<p>Develop flexibility, strength, technique, control and balance.</p>
<p>Term 3 Spring 1</p>	<p>Gymnastics + Badminton</p>	<p>Develop a range of balancing, jumping and rolling moves Create sequences, both individually and in small groups</p>	<p>Develop flexibility, strength, technique, control and balance.</p>
<p>Term 4 Spring 2</p>	<p>Tag Rugby + Dance</p>	<p>Develop our passing technique Ensure all rules are understood Use our agility, acceleration and sprint speed skills in Tag Rugby games and matches</p>	<p>Play competitive games and apply basic principles, suitable for attacking and defending.</p>
<p>Term 5 Summer 1</p>	<p>Cricket + Children's Choice</p>	<p>Be able to bowl correctly, with good accuracy and increasing speed Explore a range of batting techniques Learn rules and scoring system for games and matches</p>	<p>Develop flexibility, strength, technique, control and balance.</p>
<p>Term 6 Summer 2</p>	<p>Rounders + Athletics (Sports Day Practice)</p>	<p>Learn rules and scoring system for games and matches Put batting, bowling and fielding techniques and skills into games and matches</p>	<p>Play competitive games and apply basic principles, suitable for attacking and defending.</p>