



End of KS1 National Curriculum Objectives

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to: master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending perform dances using simple movement patterns

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|------------------------------------|--------------------------------------|---|--|--|------------------------------|------------------------------|
| Year 1 and 2 Level 2 events | | Cross Country | | | | |
| Cycle A units | Ball Skills Feet Year 1 | Ball skills Feet Year 2 | Ball Skills Rackets Bats Balls Year 1 | Ball Skills Rackets Bats Balls Year 2 | Locomotion Year 1 Running | Locomotion Year 2 Jumping |
| | Health and Well Being Year 1 | Dance Heroes Year 1 | Gymnastics Body Parts Year 1 | Dance Explorers Year 2 Or some simple country dances linked to Adderbury. | Dance Water Year 2 | Gymnastics Linking Year 2 |
| Year 1 and 2 Level 2 events | | Cross Country | | | | |
| Cycle B units | Ball Skills Hands Year 1 | Ball Skills Hands Year 2 | Attack and Defence Year 1 | Attack and Defence Year 2 | Team Building Year 1 | Team Building Year 2 |
| | Gymnastics Wide Narrow Curled Year 1 | Dance - Firework Dance (separate resource) Focus dynamics | Gymnastics Pathways Year 2 | Dance Zoo Year 1 | Dance Growing Year 1 | Locomotion Year 2 Dodging |

End of KS2 National Curriculum Objectives

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to: use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] perform dances using a range of movement patterns take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming: 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 effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations.

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|--|---|---|---|------------------------------|---|---|
| Year 3 and 4 Level 2 events | Football | Dodgeball Cross Country | | | Quad Kids Tennis | TriGolf |
| Year 3/4 Cycle A Units | Invasion games Football 1 (in other years Netball) | Invasion Games Football 2 (in other years Netball) | Net Wall Badminton ? | Net Wall Tennis ? | Striking Fielding Cricket Year 3 | Striking fielding Cricket Year 4 |
| | Athletics (link to Olympics/ Commonwealth Games) | Dance (Year 5 unit linked to Greeks) | Gymnastics Symmetry Asymmetry | Dance Country dancing | Athletics | OAA |

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| | Follow competition format focus on high activity post Summer | Use but simplify skills. | | Link with Adderbury Morris dancers. | | |
| Swimmers to replace one of the Games | Toucans swim | Parrots Swim | Hummingbirds Swim | Toucans swim | Parrots Swim | Hummingbirds Swim |
| Year 5 and 6 Level 2 events | Netball | Tag Rugby Cross Country Swimming | Indoor Athletics | hockey | Quad Kids Tennis | Kwik Cricket |
| Year 5/6 Cycle A Units | Invasion Games Tag Rugby Year 5 | Invasion Games Tag Rugby Year 6 | Invasion Games hockey 5/6 | Net Wall Tennis | Striking Fielding Cricket | Striking Fielding Cricket |
| | Football (This year only) Inclusion Boccia ? | Gymnastics Counter balance and Tension | Dance Titanic | Dance Maypole | Athletics | OAA |
| Swimmers to replace one unit of games | Hérons Swim | Kingfishers Swim | Year 5 Herons plus top up year 6 | Year 5 Kingfishers plus top up year 6 | Top up | Top up |

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|--|--------------------------------|---|------------------------------|-------------------------|--------------------------------------|--------------------------------------|
| Year 3 and 4 Level 2 events | | Dodgeball Cross Country Football | | Athletics Tennis | | TriGolf |
| Year 3/4 Cycle B Units | Invasion games Basketball 1 | Invasion games Basketball 2 | Net Wall Badminton ? | Net Wall Tennis ? | Striking Fielding rounders Year 3 | Striking fielding rounders Year 4 |
| | Invasion Games dodgeball | Dance Witches and Wizards | Gymnastics Bridges | Dance Weather. | Athletics | OAA |
| Swimmers to replace one of the Games session. | Toucans swim | Parrots Swim | Hummingbirds Swim | Toucans swim | Parrots Swim | Hummingbirds Swim |
| Year 5 and 6 Level 2 events | Netball | Tag Rugby Cross country Swimming | Indoor Athletics | Hockey | Quad Kids Tennis | Kwik Cricket |
| Year 5/6 Cycle B units | Invasion Games Handball 5 | Invasion Games Handball 6 | Invasion Games Hockey 5/6 | Netwall Tennis | Striking and Fielding Rounders 5 | Striking and Fielding Rounders 6 |
| | OAA Problem solving | Gymnastics Matching and Mirroring | Dance Egyptians | Health Related Exercise | Athletics | Dance Carnival |

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| | | | Mentor plan | | | |
| Swimmers to replace one Games Session | Herons | Kingfishers | Year 5 Herons plus top up year 6 | Year 5 Kingfisher plus top up year 6 | Top up | Top Up |