

Key Stage 2 National Curriculum Objectives

Key stage 2 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:

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

use running, jumping, throwing and catching in isolation and in combination

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 and water safety

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 meters
- ♣ 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	<i>Fossil Hunters</i> Football/ Archery	<i>The Firework Maker's Daughter</i> Netball Multi-skills	<i>Tribal Tales</i> Gymnastics Tennis	<i>Viva Espana</i> Swimming Dance-Spanish dancing	<i>Flower Power</i> Swimming Athletics <i>Sports Day prep</i>	<i>Tomb Raiders</i> Swimming Cricket
Year 4	<i>The Variety of Life</i> Swimming Tag Rugby	<i>Groovy Greeks</i> Dance Swimming	<i>The Big Freeze</i> Gymnastics Swimming	<i>Celts and Conquerors</i> Athletics	<i>The Invention of Hugo Cabret</i> Hockey Basketball <i>Sports Day prep</i>	<i>Super Structures</i> Rounders
Year 5	<i>Traders and Raiders</i> Archery / Netball	<i>Magical Muggles</i> Dance Quidditch	<i>The Truth is Out There</i> Gymnastics/Athletics	<i>The Explorer</i> Swimming Athletics	<i>Marvellous Mayans</i> Swimming Tennis <i>Sports Day prep</i>	<i>The Boy at the End of the World</i> Cricket Swimming
Year 6	<i>Darwin's Discoveries</i> Swimming Tag Rugby	<i>Toil and Trouble</i> Swimming Hockey	<i>Battle of Britain</i> Gymnastics Swimming	<i>Kensuke's Kingdom</i> Athletics	<i>Animated Authors</i> Basketball <i>Sports Day prep</i> Rounders Orienteering	