



ABERFORD PRIMARY PE PLAN AND MAPPING

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.

TERM	CLASS 1	CLASS 2	CLASS 3	CLASS 4
AUTUMN TERM 1	<u>Ball Skills</u> <ul style="list-style-type: none"> Fundamental skills, walking, running, jumping, hopping. Catching, throwing, kicking, aiming using different shaped balls and targets. Spatial awareness. Working as a team. 	<u>Ball Skills and Invasion</u> <ul style="list-style-type: none"> Fundamental skills, walking, running, jumping, hopping. Catching, throwing, kicking aiming using different shaped balls and targets. Object control and manipulation. Spatial awareness. Working as a team. Introduction to Invasion – Attack and Defence. Small sided invasion games 	<u>Invasion</u> <ul style="list-style-type: none"> Fundamental skills in combination and isolation Catching, throwing, kicking using different shaped balls. Object control and manipulation. Spatial awareness. Invasion, attack, and defence. Competitive games. Development of strategy 	<u>Invasion</u> <ul style="list-style-type: none"> Fundamental skills in combination and isolation Catching, throwing, kicking using different shaped balls. Object control and manipulation. Spatial awareness. Invasion, attack, and defence. Competitive games. Development of strategy and applying to game situation
AUTUMN TERM 2	<u>Mini Dance Program</u> <ul style="list-style-type: none"> Fundamental Skills, walking, running, jumping, skipping, galloping. Counting/listening to music 4 beats in a bar Characterisation 	<u>Mini Dance Program</u> <ul style="list-style-type: none"> Fundamental Skills, walking, running, jumping, skipping, galloping. Counting/listening to music 4 beats in a bar Characterisation 	<u>Dance</u> <ul style="list-style-type: none"> Explore different dance genres. Choreography, and performance techniques. Choreograph a creative piece of 	<u>Dance</u> <ul style="list-style-type: none"> Explore different dance genres. Choreography, and performance techniques.



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	<ul style="list-style-type: none"> • Telling a story through movement. • Creativity • Recognition of the music without instruction • Performance • Free dance 	<ul style="list-style-type: none"> • Telling a story through movement. • Creativity • Recognition of the music without instruction • Performance • Free dance 	<p>dance using the skills learned.</p> <ul style="list-style-type: none"> • Compare performances and demonstrate improvement. 	<ul style="list-style-type: none"> • Choreograph a creative piece of dance using the skills learned. • Compare performances and demonstrate improvement. • Prepare for Big Dance Off competition • Perform to live audience
SPRING TERM 1	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • Develop fundamental movement skills: balance, travel, roll and jump. • Become increasingly competent and confident in extending agility, balance, and co-ordination, individually and with others. • Move effectively over apparatus. 	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • Manoeuvring and erecting equipment safely. • Develop fundamental movement skills: balance, travel, roll and jump. • Become increasingly competent and confident in extending agility, balance, and co-ordination, individually and with others. 	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • Manoeuvring and erecting equipment safely. • Negotiating ways of moving effectively across • different pieces of equipment. • Performing agilities with correct technique • Creating a short routine on apparatus. • Linking movements together in a sequence 	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • Manoeuvring and erecting equipment safely. • Negotiating ways of moving effectively across • different pieces of equipment. Performing agilities with correct technique • Creating a short routine on apparatus. • Linking movements together in a sequence • Creating and performing short floor routine.



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		<ul style="list-style-type: none"> • Move effectively over apparatus. • Develop strength and control. 		<ul style="list-style-type: none"> • Compare performances and demonstrate improvements.
SPRING TERM 2	<p><u>Skip School</u></p> <ul style="list-style-type: none"> • Develop Fundamental skills, hopping, jumping. • Develop and improve on balance, co-ordination, endurance, strength, agility, and speed. 	<p><u>Skip school</u></p> <ul style="list-style-type: none"> • Develop Fundamental skills, hopping, jumping. • Develop and improve on balance, co-ordination, endurance, strength, agility, and speed. • Working individually and as a team 	<p><u>Skip school/Net and Wall</u></p> <ul style="list-style-type: none"> • Develop and improve on balance, co-ordination, endurance, strength, agility, and speed. • Creativity and choreography skills for skip dance • Working individually and as a team. • Learning to grip and hold racket. • Precision and accuracy – hitting an object to land in a certain place. • Technique - such as a forehand in tennis or a serve in volleyball. • Attacking and defending tactics - different ways of 	<p><u>Skip school/Net and Wall</u></p> <ul style="list-style-type: none"> • Develop and improve on balance, co-ordination, endurance, strength, agility, and speed. • Creativity and choreography skills for skip dance. • Precision and accuracy – hitting an object to land in a certain place. • Technique - such as a forehand in tennis or a serve in volleyball. • Attacking and defending tactics - different ways of playing the game in order to be able to outwit your opponent to win points.



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			<p>playing the game in order to be able to outwit your opponent to win points.</p> <ul style="list-style-type: none"> • Timing – to be able to hit the object at the right time. • Agility and speed - to be able to move quickly and effectively around the court. • Footwork - changing direction and moving in different directions. • Mental focus – concentrating for long periods of time. • Fitness – having enough energy, strength and speed to be able to carry out the skills needed to play the game. 	<ul style="list-style-type: none"> • Timing – to be able to hit the object at the right time. • Agility and speed - to be able to move quickly and effectively around the court. • Footwork - changing direction and moving in different directions. • Mental focus – concentrating for long periods of time. • Fitness – having enough energy, strength and speed to be able to carry out the skills needed to play the game.
SUMMER TERM 1	<p><u>Athletics</u></p> <ul style="list-style-type: none"> • Develop and begin to master fundamental movement skills, 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> • Develop and begin to master fundamental movement skills, 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> • Sprinting – Use efficient technique that demonstrates power, speed and 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> • Sprinting – Use efficient technique that demonstrates power, speed and control.



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	<p style="text-align: center;">running, jumping, throwing.</p> <ul style="list-style-type: none"> • Become increasingly competent and confident in extending their agility, balance, and co-ordination, individually and with others in increasingly challenging situations. • Engage in competitive activities against self and others. • Run at different speeds, recognising the difference between walking, jogging, and sprinting. • Running and jumping over objects. • Jump as high and as far as possible using correct technique, use different ways of jumping, land safely with control. 	<p style="text-align: center;">running, jumping, throwing.</p> <ul style="list-style-type: none"> • Become increasingly competent and confident in extending their agility, balance, and co-ordination, individually and with others in increasingly challenging situations. • Engage in competitive activities against self and others. • Run at different speeds, recognising the difference between walking, jogging, and sprinting. • Running and jumping over objects. • Jump as high and as far as possible using correct technique, use different ways of jumping, land safely with control. 	<p style="text-align: center;">control. Increase reaction speed. Use a baton effectively in a relay race. Demonstrating good co-ordination speed and rhythm over hurdles whilst maintain speed and consistently using lead leg.</p> <ul style="list-style-type: none"> • Long distance- To demonstrate endurance and stamina to run for long distances. • Throwing – To confidently throw under arm and over arm with accuracy, consistency, and control. To use different throwing techniques for distance and accuracy using javelin, discus and shot put. • Jumping – Demonstrating an effective technique 	<p style="text-align: center;">Increase reaction speed. Use a baton effectively in a relay race. Demonstrating good co-ordination speed and rhythm over hurdles whilst maintain speed and consistently using lead leg.</p> <ul style="list-style-type: none"> • Long distance- To demonstrate endurance and stamina to run for long distances. • Throwing – To confidently throw under arm and over arm with accuracy, consistency, and control. To use different throwing techniques for distance and accuracy using javelin, discus and shot put. • Jumping – Demonstrating an effective technique for jumping distance and height with correct and secure landing.
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	<ul style="list-style-type: none"> • Throw an object (javelin, large ball, small ball, bean bag) into a space. 	<ul style="list-style-type: none"> • Throw an object (javelin, large ball, small ball, bean bag) into a space. 	<p>for jumping distance and height with correct and secure landing.</p>	
SUMMER TERM 2	<p><u>Striking and Fielding</u></p> <ul style="list-style-type: none"> • Striking Skills • Grip and Stance: Teach children how to hold the bat correctly and stand with their feet shoulder-width apart. • Swing: Focus on a smooth, controlled swing to make contact with the ball. • Aiming: Encourage aiming for open spaces away from fielders to maximize scoring opportunities. • Fielding Skills • Catching: Practice catching with both hands, keeping eyes on the ball. • Throwing: Teach both underarm and 	<p><u>Striking and Fielding</u></p> <ul style="list-style-type: none"> • Striking Skills • Grip and Stance: Teach children how to hold the bat correctly and stand with their feet shoulder-width apart. • Swing: Focus on a smooth, controlled swing to make contact with the ball. • Aiming: Encourage aiming for open spaces away from fielders to maximize scoring opportunities. • Fielding Skills • Catching: Practice catching with both hands, keeping eyes on the ball. • Throwing: Teach both underarm and 	<p><u>Striking and Fielding</u></p> <p>Striking Skills</p> <ul style="list-style-type: none"> • Batting: Learning to strike the ball with precision to evade fielders. • Control: Maintaining balance and control while hitting the ball. • Coordination: Synchronizing hand-eye movements to make effective contact with the ball. • Fielding Skills • Throwing: Accurate and strong throws to teammates. • Catching: Quick reactions and secure catching techniques. • Positioning: Understanding where to stand and move to 	<p><u>Striking and Fielding</u></p> <p>Striking Skills</p> <ul style="list-style-type: none"> • Batting: Learning to strike the ball with precision to evade fielders. • Control: Maintaining balance and control while hitting the ball. • Coordination: Synchronizing hand-eye movements to make effective contact with the ball. • Fielding Skills • Throwing: Accurate and strong throws to teammates. • Catching: Quick reactions and secure catching techniques. • Positioning: Understanding where to



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	<p>overarm throws, emphasizing accuracy and distance.</p> <ul style="list-style-type: none"> • Stopping the Ball: Use body and hands to stop the ball effectively, reducing the chance of it passing by. 	<p>overarm throws, emphasizing accuracy and distance.</p> <ul style="list-style-type: none"> • Stopping the Ball: Use body and hands to stop the ball effectively, reducing the chance of it passing by. • Game Awareness • Positioning: Understand where to stand both when batting and fielding. • Communication: Encourage talking to teammates to coordinate plays and avoid collisions. • Decision Making: Teach when to run, throw, or hold the ball based on the game situation. 	<p>effectively field the ball.</p> <ul style="list-style-type: none"> • • Play competitive games, modified where appropriate • Understand Rules and apply strategy 	<p>stand and move to effectively field the ball.</p> <ul style="list-style-type: none"> • Play competitive games, modified where appropriate • Understand Rules and apply strategy
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