



## ABERFORD PRIMARY PE CONTENT PLAN

TERM	CLASS 1	CLASS 2	CLASS 3	CLASS 4
AUTUMN TERM 1	<u>Ball Skills</u> <ul style="list-style-type: none"> <li>• Throwing</li> <li>• Catching</li> <li>• Aiming</li> <li>• Ball Control</li> <li>• Kicking</li> </ul>	<u>Ball Skills and Invasion</u> <ul style="list-style-type: none"> <li>• Throwing</li> <li>• Catching</li> <li>• Aiming</li> <li>• Ball Control</li> <li>• Kicking</li> <li>• Netball</li> <li>• Football</li> <li>• Rugby</li> <li>• Basketball</li> </ul>	<u>Invasion</u> <ul style="list-style-type: none"> <li>• Netball</li> <li>• Football</li> <li>• Rugby</li> <li>• Basketball</li> </ul>	<u>Invasion</u> <ul style="list-style-type: none"> <li>• Netball</li> <li>• Football</li> <li>• Rugby</li> <li>• Basketball</li> </ul>
AUTUMN TERM 2	<u>Dance</u> <ul style="list-style-type: none"> <li>• <u>Mini Dance Program</u></li> </ul>	<u>Dance</u> <ul style="list-style-type: none"> <li>• <u>Mini Dance Program</u></li> </ul>	<u>Dance</u> <ul style="list-style-type: none"> <li>• Choreography</li> <li>• Performance</li> <li>• Evaluation</li> </ul>	<u>Dance</u> <ul style="list-style-type: none"> <li>• Choreography</li> <li>• Performance</li> <li>• Competition</li> <li>• Evaluation</li> </ul>
SPRING TERM 1	<u>Gymnastic</u> <ul style="list-style-type: none"> <li>• Floor and Apparatus</li> </ul>	<u>Gymnastics</u> <ul style="list-style-type: none"> <li>• Floor and Apparatus</li> </ul>	<u>Gymnastics</u> <ul style="list-style-type: none"> <li>• Floor and Apparatus</li> </ul>	<u>Gymnastics</u> <ul style="list-style-type: none"> <li>• Floor and Apparatus</li> </ul>
SPRING TERM 2	<u>Skip School</u> <ul style="list-style-type: none"> <li>• Individual and Team</li> </ul>	<u>Skip school</u> <ul style="list-style-type: none"> <li>• Individual and Team</li> <li>• Competition</li> </ul>	<u>Skip school/Net and Wall</u> <u>Skip</u> <ul style="list-style-type: none"> <li>• Individual and Team</li> <li>• Competition</li> </ul> <u>Net and Wall</u> <ul style="list-style-type: none"> <li>• Tennis</li> <li>• Badminton</li> </ul>	<u>Skip school/Net and Wall</u> <u>Skip</u> <ul style="list-style-type: none"> <li>• Individual and Team</li> </ul> <u>Net and Wall</u> <ul style="list-style-type: none"> <li>• Volleyball</li> </ul>



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<b>SUMMER TERM 1</b>	<u><b>Athletics</b></u> <ul style="list-style-type: none"> <li>• <b>Sprinting</b></li> <li>• <b>Relay</b></li> <li>• <b>Hurdles</b></li> <li>• <b>Javelin</b></li> <li>• <b>Bean Bag Throw</b></li> </ul>	<u><b>Athletics</b></u> <ul style="list-style-type: none"> <li>• <b>Sprinting</b></li> <li>• <b>Relay</b></li> <li>• <b>Hurdles</b></li> <li>• <b>Javelin</b></li> <li>• <b>Bean Bag Throw</b></li> </ul>	<u><b>Athletics</b></u> <ul style="list-style-type: none"> <li>• <b>Sprinting</b></li> <li>• <b>Relay</b></li> <li>• <b>Hurdles</b></li> <li>• <b>Javelin</b></li> <li>• <b>Shot Put</b></li> <li>• <b>Discus</b></li> <li>• <b>Standing Jump</b></li> </ul>	<u><b>Athletics</b></u> <ul style="list-style-type: none"> <li>• <b>Sprinting</b></li> <li>• <b>Relay</b></li> <li>• <b>Hurdles</b></li> <li>• <b>Javelin</b></li> <li>• <b>Shot Put</b></li> <li>• <b>Discus</b></li> <li>• <b>Standing Jump</b></li> </ul>
<b>SUMMER TERM 2</b>	<u><b>Striking and Fielding</b></u> <ul style="list-style-type: none"> <li>• <b>Throwing</b></li> <li>• <b>Catching</b></li> <li>• <b>Retrieving</b></li> <li>• <b>Batting</b></li> </ul>	<u><b>Striking and Fielding</b></u> <ul style="list-style-type: none"> <li>• <b>Throwing</b></li> <li>• <b>Catching</b></li> <li>• <b>Retrieving</b></li> <li>• <b>Batting</b></li> </ul>	<u><b>Striking and Fielding</b></u> <ul style="list-style-type: none"> <li>• <b>Rounders</b></li> <li>• <b>Cricket</b></li> </ul>	<u><b>Striking and Fielding</b></u> <ul style="list-style-type: none"> <li>• <b>Rounders</b></li> <li>• <b>Cricket</b></li> </ul>