



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



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