

Aberford C of E Primary

Curriculum Overview 2023 - 2024

Class 1					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Ball Skills Catching, throwing, kicking using different shaped balls. Working as a team.	Gymnastics Apparatus work, Floor work	Mini Dance Movement and musicality	Skip School Skipping skills	Net and Wall Object control and manipulation/use of rackets, bats, hockey, leading in to striking and fielding.	Athletics Looking at different techniques for track and field, applying the techniques needed for all disciplines
<p>1.Aiming, catching, throwing, object control: Throwing, aim, dodge, running</p> <p>2. Throwing and catching different size and shaped balls: Catching, ball control</p> <p>3. Throwing and catching at various distances</p> <p>4. Throwing, catching and moving into space. Spatial awareness</p> <p>5.As above</p> <p>6.Shooting at a target. Working as a team: Netball, basketball, dodgeball, handball</p> <p>7.Combining throwing catching, movement and shooting</p>	<p>1.Safety in Gymnastics Basic Agilities Good execution of Gross motor skills: Running, jumping, hopping, skipping, walking</p> <p>2.Recap of safety Basic agilities Good execution of gross motor skill: Climbing, balancing Good use of knees and ankles</p> <p>3.Recap of safety Basic agilities Good execution of gross motor skill. Explore different dismounts from apparatus.</p> <p>4.As above, adding agilities, forwards rolls, prep backward roll etc</p> <p>5.As above</p> <p>6.As above</p> <p>7.As above</p>	<p>1.Counting/listening to music 4 beats in a bar: Walking, skipping, running, galloping, jumping</p> <p>2.Characterisation Telling a story</p> <p>3.As above</p> <p>4.As above</p> <p>5.As above Recognition of the music without instruction</p> <p>6.As above Recognition of the music without instruction Free dance</p> <p>7.To be able to listen to full cd and identify the music and characteristics. Move freely and independently without instruction</p>	<p>1.Introducton and safety Jumping, hopping, skipping (without hoops/ropes etc) good use of knees and ankle Flexion, walking, running, skipping, jumping, hopping</p> <p>2.Jumping into hoops gaining distance. To encourage good use of legs, core and balance</p> <p>3.Jumping over ropes and hoops, forwards and backwards Encouraging co-ordination</p> <p>4.Skipping with hoops and individual ropes Skipping with individual ropes</p> <p>5.Introduction of large rope Skipping with individual and large rope, encouraging co-ordination and timing, skipping with rhymes.</p> <p>6.Repeat as above</p> <p>7.Repeat as above</p>	<p>1.Bat and ball, object manipulation, hand eye co-ordination. Working in pairs and against a wall. Hitting ball with small tennis racket.</p> <p>2.Repeat as above working with bowling action, under arm and over arm throw.</p> <p>3.Using hockey sticks, manipulation of small plastic ball, working in and out of obstacles. Striking the ball, hand eye co-ordination.</p> <p>4.Repeat as above.</p> <p>5.Working in pairs striking the small ball with tennis rackets to each other.</p> <p>6.As above introducing competition element.</p> <p>7.Small game, bowling, striking and running to score points using different bats, cricket, small rounders and tennis.</p>	<p>1.Running techniques</p> <p>2.Running techniques over objects: Running, walking, jumping , hopping, skipping</p> <p>3.Developing awareness of distance & weight, learning to throw in a coordinated way for distance, learning to throw a range of different throwing implements: Aim, power, distance</p> <p>4.As above</p> <p>5.Jumping for Height & Distance developing awareness of distance & height learning to take off & land in a coordinated & controlled way learning to jump in a variety of different ways</p> <p>6.Combination of all, Improvement, progression and confidence.</p> <p>7. Put skills in to practice at Sports Day</p>

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Class 2

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Ball Skills	Gymnastics	Mini Dance	Skip School	Net and Wall	Athletics
Catching, throwing, kicking using different shaped balls. Object control and manipulation. Introduction to invasion, attack and defence.	Apparatus work, Floor work	Practice different sections of a dance, aiming to put together a performance	Skipping skills, different styles	Object control and manipulation/use of rackets, bats, hockey, leading in to striking and fielding.	Looking at different techniques for track and field, applying the techniques needed for all disciplines
1.Aiming, catching, throwing, object control: Throwing, aim Dodge, running 2.Throwing and catching different size and shaped balls: Catching, ball control 3.Throwing and catching at various distances 4.Throwing, catching and moving into space. Spatial awareness 5. As above 6.Shooting at a target. Working as a team: Netball, basketball, dodgeball, handball 7.Combining throwing catching, movement and shooting	1.Safety in Gymnastics Basic Agilities Good execution of Gross motor skills: Running, jumping, hopping, skipping, walking 2. Recap of safety Basic agilities Good execution of gross motor skill: Climbing, balancing, dismounting apparatus, exploring different ways. 3. Recap of safety Basic agilities Good execution of gross motor skills. Dismounting using good technique. Adding agilities 4. As above working on correct technique and core strength. 5. As above working on agilities and gross motor skills. 6. As above all combined 7. As above all combined	1.Counting/listening to music 4 beats in a bar: Walking, skipping, running, galloping, jumping 2.Characterisation Telling a story 3.As above 4.As above 5.Recognition of the music without instruction 6.As above Recognition of the music without instruction Free dance 7.To be able to listen to full cd and identify the music and characteristics. Move freely and independently without instruction	1.Skipping safety, fundamentals of skipping, jumping over individual rope, double bounce and speed bounce. Create good rhythm, work on co-ordination 2.As above and introduce, hop and swap, cross over, criss cross. 3.As above introducing working in pairs, butterfly and face to face. 4.As above Introduction of large rope, run in jump and out. 5.As above, keep the kettle boiling. Encourage good timing, rhythm, and fluidity of movement 6.Repeat all of the above, creating repetition to improve strength and stamina.	1.Bat and ball, object manipulation, hand eye co-ordination. Working in pairs and against a wall. Hitting ball with small tennis racket. 2.Repeat as above working with bowling action, under arm and over arm throw. 3.Using hockey sticks, manipulation of small plastic ball, working in and out of obstacles. Striking the ball, hand eye co-ordination. 4.Repeat as above. 5.Working in pairs striking the small ball with tennis rackets to each other. 6.As above introducing competition element. 7.Small game, bowling, striking and running to score points using different bats, cricket, small rounders and tennis.	1.Running techniques 2.Running techniques over objects: Running, walking, jumping , hopping, skipping 3. Developing awareness of distance & weight, learning to throw in a coordinated way for distance, learning to throw a range of different throwing implements: Aim, power, distance 4.As above 5.Jumping for Height & Distance developing awareness of distance & height learning to take off & land in a coordinated & controlled way learning to jump in a variety of different ways 6.Combination of all, Improvement, progression and confidence. 7.Put skills in to practice at Sports Day

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Class 3

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Invasion/Ball skill	Gymnastics	Dance	Skip School	Net and Wall Rounders	Athletics
Catching, throwing, kicking using different shaped balls. Object control and manipulation. Introduction to invasion, attack and defence.	Apparatus work, Floor work, Teamwork	Building basic choreography skills in dynamics and partner work.	Skipping skills, different moves, skip dance	Object control and manipulation/use of rackets, bats Striking and Fielding – Rounders and Kwik Cricket	Looking at different techniques for track and field, applying the techniques needed for all disciplines
<p>1.Aim: Throwing , catching, team work Strategy, dodging, running Focus, agility, aim Throwing, jumping, awareness</p> <p>2.Aim: Throwing , catching, team work Strategy, dodging, running Focus, agility, aim, throwing Jumping, awareness</p> <p>3.Dodge ball game. Strategies. Refereeing/rules</p> <p>4.Netball: Passing and catching Pass variation: Throwing, Catching, Running Chest pass, Shoulder pass Bounce pass.</p> <p>5.Footwork, dodging, pivot Shooting</p> <p>6.Defence play. Throwing, catching, aim shoot, passing into space, time on ball (3 seconds)</p> <p>7.Positional play + basic rules</p>	<p>1.Genres of dance, discussion of different styles of dance, contemporary, lyrical, street, hip hop, ballet etc.</p> <p>2. Running Jumping Skipping Hopping Leaping</p> <p>3.Creating effective choreography and music to suite. Discussion of how simple movements can be more effective when working in a group. Working as a team</p> <p>4.Using knowledge of effective choreography groups to demonstrate and teach. Working as a team</p> <p>5.Pattern and direction</p> <p>6.Pulling all choreography together and performance technique</p> <p>7.Performance and Evidence</p>	<p>1.Basic Agilities Understanding the importance of a Warm Up: Walking, running, jumping, skipping Front, back and side support Forward roll Backward roll Cartwheel Bridge position</p> <p>2.To advance basic agilities up: with creative endings to agilities</p> <p>3.Working with partners and or small groups: adding balancing, mirroring and weight baring</p> <p>4.Working with partners and or small groups. Linking agilities and movements</p> <p>5.As above</p> <p>6.As above</p> <p>7.Performance</p>	<p>1.Skipping safety, looking at different skills, accessing skill level. Double bounce and speed bounce, use time element to increase strength and stamina.</p> <p>2.Repeat as above with different skip skills, hop and swap, criss cross, cross over, side swing.</p> <p>3.Repeat above, working in partners, face to face and butterfly. Introduction of large rope practice keep the kettle. To create good rhythm, fluidity and timing.</p> <p>3.As above introducing harder skills, the pretzel, side swing cross and straddle.</p> <p>4.Looking at being creative with skipping, ideas for new moves, combining skills. Choreography, pattern and unison.</p> <p>5.As above, begin choreography using skills from previous sessions.</p> <p>6.As above</p> <p>7.As above plus performance.</p>	<p>1.Fielding skills, throwing and catching, long barrier, walking in, hand eye co-ordination.</p> <p>2.Batting practice using different bats, rounders, cricket, tennis, badminton. Using different techniques.</p> <p>3.Combination of fielding and batting practice. Small games and matches of tennis, badminton and Kwik Cricket. Discussion of rules.</p> <p>4.As above</p> <p>5. As above</p> <p>6.Rounders – Discussion of rules, into game implementing rules, batting and fielding.</p> <p>7.As above</p>	<p>1.Long distance running – Endurance and stamina: Running Walking Skipping Hopping Jumping,</p> <p>2.Sprinting</p> <p>3.Hurdles and Relay</p> <p>4.Throwing: Throwing catching aiming</p> <p>5.Jumping: Hopping Jumping Skipping Running</p> <p>6.Combining activities</p> <p>7.Put skills in to practice at Sports Day</p>

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Class 4

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Ball Skills and Invasion Working on specifics of netball/football/dodgeball/rugby Rules, tactics, game objectives.	Gymnastics Apparatus work Floor work/ Strength and conditioning Teamwork	Dance Work collaboratively to include more complex compositional ideas	Skip School Skipping skills, different moves, skip dance	Net and Wall Object control and manipulation/use of rackets, bats Striking + Fielding – Rounders and Kwik Cricket Working on rules + strategy.	Athletics Looking at different techniques for track and field, applying the techniques needed for all disciplines
<p>1.Aim Throwing + catching Team work, strategy, dodging, running, focus, agility, aim Throwing, jumping Awareness</p> <p>2.Aim Throwing Catching Team work Strategy, dodging, running Focus, agility, aim, throwing Jumping, awareness</p> <p>3.Dodge ball game. Strategies. Refereeing/rules</p> <p>4.Netball: Passing and catching Pass variation: Throwing, Catching Running, Chest pass Shoulder pass, Bounce pass.</p> <p>5.Footwork, dodging, pivot Shooting</p> <p>6.Defence play. Throwing, catching, aim shoot, passing into space, time on ball (3 seconds)</p> <p>7.Positional play + basic rules.</p>	<p>1.Basic Agilities Understanding the importance of a Warm Up: Walking, running, jumping, skipping Front, back and side support Forward roll Backward roll Cartwheel Bridge position</p> <p>2.To advance basic agilities up: with creative endings to agilities</p> <p>3.Working with partners and or small groups: adding balancing, mirroring and weight baring</p> <p>4.Working with partners and or small groups. Linking agilities and movements</p> <p>5.As above</p> <p>6.As above</p> <p style="text-align: center;">7.Performance</p>	<p>1.Genres of dance, discussion of different styles of dance, contemporary, lyrical, street, hip hop, ballet etc.</p> <p>2 Running, jumping, skipping, hopping, leaping</p> <p>3.Creating effective choreography and music to suite. Discussion of how simple movements can be more effective when working in a group.</p> <p>Working as a team</p> <p>4.Using knowledge of effective choreography groups to demonstrate and teach. Working as a team</p> <p>5.Pattern and direction</p> <p>6.Pulling all choreography together and performance technique</p> <p>7.Performance and Evidence</p>	<p>1.Skipping safety, looking at different skills, accessing skill level. Double bounce and speed bounce, use time element to increase strength and stamina.</p> <p>2.Repeat as above with different skip skills, hop and swap, criss cross, cross over, side swing.</p> <p>3.Repeat above, working in partners, face to face and butterfly. Introduction of large rope practice keep the kettle. To create good rhythm, fluidity and timing.</p> <p>3.As above introducing harder skills, the pretzel, side swing cross and straddle.</p> <p>4.Looking at being creative with skipping, ideas for new moves, combining skills.</p> <p>Choreography, pattern and unison.</p> <p>5.As above, begin choreography using skills from previous sessions.</p> <p>6.As above</p> <p>7.Performance</p>	<p>1.Fielding skills, throwing and catching, long barrier, walking in, hand eye co-ordination.</p> <p>2.Batting practice using different bats, rounders, cricket, tennis, badminton. Using different techniques.</p> <p>3.Combination of fielding and batting practice. Small games and matches of tennis, badminton and Kwik Cricket. Discussion of rules.</p> <p>4.As above</p> <p>5.As above</p> <p>6.Rounders – Discussion of rules, into game implementing rules, batting and fielding.</p> <p>7.As above</p>	<p>1.Long distance running – Endurance and stamina: Running Walking Skipping Hopping Jumping,</p> <p>2.Sprinting</p> <p>3.Hurdles and Relay</p> <p>4.Throwing: Throwing catching aiming</p> <p>5.Jumping: Hopping Jumping Skipping Running</p> <p>6.Combining activities</p> <p>7.Put skills in to practice at Sports Day</p>