

Aberford C of E Primary School – P.E – Topic Overview

(Updated May 2021)

	Class 1	Class 2	Class 3	Class 4
Autumn 1	<u>Ball Skills</u> Catching, throwing, kicking using different shaped balls. Object control and manipulation. Working as a team!	<u>Ball Skills</u> Catching, throwing, kicking using different shaped balls. Object control and manipulation. Working as a team!	<u>Ball Skills and Invasion</u> Catching, throwing, kicking using different shaped balls. Object control and manipulation. Introduction to invasion, attack and defence.	<u>Ball Skills and Invasion</u> Working on specifics of netball/football/dodgeball/rugby Rules, tactics, game objectives.
Autumn 2	Mini Dance Programme	Mini Dance Programme	Dance	Dance
Spring 1	<u>Gymnastics</u> Apparatus work, Floor work	<u>Gymnastics</u> Apparatus work, Floor work	<u>Gymnastics</u> Apparatus work, Floor work, Teamwork	<u>Gymnastic</u> Apparatus work Floor work/ Strength and conditioning Teamwork
Spring 2	Skip School	Skip School Skip Dance	Skip School Skip Dance	Skip School Skip Dance
Summer 1	<u>Net and Wall</u> Object control and manipulation/use of rackets, bats, hockey, leading in to striking and fielding.	<u>Net and Wall</u> Object control and manipulation/use of rackets, bats, hockey, leading in to striking and fielding.	<u>Net and Wall</u> Object control and manipulation/use of rackets, bats Striking and Fielding – Rounders and Kwik Cricket	<u>Net and Wall</u> Object control and manipulation/use of rackets, bats Striking and Fielding – Rounders and Kwik Cricket Working on rules and strategy.
Summer 2	<u>Athletics</u> Preparation for sports day	<u>Athletics</u> Preparation for sports day	<u>Athletics</u> Preparation for sports day Looking at different techniques for track and field, applying the techniques needed for all disciplines	<u>Athletics</u> Preparation for sports day Looking at different techniques for track and field, applying the techniques needed for all disciplines