

Owston Park Primary Academy - Long Term Curriculum Map - Physical Education Sept 2024-July 2025

Key Stage 1 Curriculum Map for Physical Education						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Time	7 Weeks	8 Weeks	6 Weeks	5 Weeks	6 Weeks	7 Weeks
Year 1	REAL PE Unit 1 and 2	INDOOR ATHLETICS REAL PE Unit 3 and 4	INVASION GAMES/Multi Skills (Hockey)	GAMES: Fundamentals, Tag rugby	ATHLETICS (Sports day events) SLJ, Soft Javelin, Shot Putt, Relay, Sprint, High Jump, LDR	MULTI SKILLS/ FITNESS and HEALTH
	INVASION GAMES/MULTI SKILLS (Football) Movement, SAQ and fitness	Real Gymnastics (Shape, Roles, Flight, Balance, Rotation)	DANCE Actions, Space, Dynamics and relationships	Basketball and Handball	REAL PE Unit 5 and 6	STRIKING AND FIELDING: Mini Tennis/Cricket and Tri Golf
Year 2	REAL PE Unit 1 and 2	INDOOR ATHLETICS REAL PE Unit 3 and 4	INVASION GAMES/MULTI SKILLS (Hockey)	GAMES: Fundamentals, Tag Rugby	ATHLETICS (Sports day events) SLJ, Soft Javelin, Shot Putt, Relay, Sprint, High Jump, LDR	MULTI SKILLS/ FITNESS and HEALTH

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	INVASION GAMES/MULTI SKILLS (Football) Movement, SAQ and fitness	Real Gymnastics (Shape, Roles, Flight, Balance, Rotation)	DANCE Actions, Space, Dynamics and relationships	Basketball and Handball	REAL PE Unit 5 and 6	STRIKING AND FIELDING: Mini Tennis/Cricket and Tri Golf
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Owston Park Primary Academy - Long Term Curriculum Map - Physical Education Sept 2024-July 2025

Key Stage 2 Curriculum Map for Physical Education

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Time	8 Weeks	7 Weeks	6 Weeks	5 Weeks	6 Weeks	7 Weeks
Year 3	INVASION GAMES (Football) Movement, SAQ and fitness	INDOOR ATHLETICS	INVASION GAMES/MULTI SKILLS (basketball, Tag Rugby)	INVASION GAMES: Tag Rugby, Handball	NET/WALL GAMES: Tennis/ Curling/Archery	ORIENTERRING/Real P.E unit 5,6 and Fitness/Health
	MULTI SKILLS: REAL PE Unit 1 and 2	Real Gymnastics (Shape, Roles, Flight, Balance, Rotation)	DANCE (Actions, Space, Dynamics and relationships)	MULTI SKILLS: REAL PE Unit 3 and 4	ATHLETICS/SPORTS DAY (Running, throwing, jumping) (Sports day events) SLJ, Soft Javelin, Shot Putt, Relay, Sprint, High Jump, LDR	STRIKING AND FIELDING: Cricket, Rounder's and Tri Golf
Year 4	INVASION GAMES (Football) Movement, SAQ and fitness	INDOOR ATHLETICS	INVASION GAMES/MULTI SKILLS (basketball, Tag Rugby)	INVASION GAMES: Tag Rugby, Handball	NET/WALL GAMES: Tennis/ Curling, Archery	ORIENTERRING/ Fitness and Health

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	<p>MULTI SKILLS: REAL PE Unit 1, 2 and 3</p>	<p>Real Gymnastics (Shape, Roles, Flight, Balance, Rotation)</p>	<p>DANCE (Actions, Space, Dynamics and relationships)</p>	<p>MULTI SKILLS: REAL PE Unit 4,5 and 6</p>	<p>ATHLETICS/SPORTS DAY (Running, throwing, jumping) (Sports day events) SLJ, Soft Javelin, Shot Putt, Relay, Sprint, High Jump, LDR</p>	<p>STRIKING AND FIELDING: Cricket, Rounder's and Tri Golf</p>
Year 5	SWIMMING	SWIMMING	SWIMMING	SWIMMING	SWIMMING	SWIMMING
	<p>MULTI SKILLS: REAL PE Unit 1, 2 and 3</p>	<p>INDOOR ATHLETICS</p>	<p>INVASION GAMES/MULTI SKILLS (Basketball, Tag Rugby)</p>	<p>INVASION GAMES (Handball and Hockey)</p>	<p>ATHLETICS/SPORTS DAY (Running, throwing, jumping) (Sports day events) SLJ, Soft Javelin, Shot Putt, Relay, Sprint, High Jump, LDR</p>	<p>ORIENTERRING/ FITNESS and health</p>
	<p>INVASION GAMES (Football) Movement, SAQ and fitness</p>	<p>Real Gymnastics (Shape, Roles, Flight, Balance, Rotation)</p>	<p>DANCE (Actions, Space, Dynamics and relationships)</p>	<p>MULTI SKILLS: REAL PE Unit 4,5 and 6</p>	<p>NET/WALL GAMES: Tennis Curling, Archery</p>	<p>STRIKING AND FIELDING: Cricket, Rounder's and Tri Golf</p>
Year 6	<p>MULTI SKILLS: REAL PE Unit 1, 2 and 3</p>	<p>INDOOR ATHLETICS</p>	<p>INVASION GAMES/MULTI SKILLS (Basketball, Tag Rugby)</p>	<p>INVASION GAMES (Handball and Hockey)</p>	<p>ATHLETICS/SPORTS DAY (Running, throwing, jumping) (Sports day events) SLJ, Soft Javelin, Shot Putt, Relay, Sprint, High Jump, LDR</p>	<p>ORIENTERRING/ FITNESS and health</p>

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	INVASION GAMES (Football) Movement, SAQ and fitness	Real Gymnastics (Shape, Roles, Flight, Balance, Rotation)	DANCE (Actions, Space, Dynamics and relationships)	MULTI SKILLS: REAL PE Unit 4,5 and 6	NET/WALL GAMES: Tennis Curling, Archery	STRIKING AND FIELDING: Cricket, Rounder's and Tri Golf
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