

# Owston Park Primary Academy - Long Term Curriculum Map - Physical Education Sept 2025-July 2026

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

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<b>Year 2</b>	<b>REAL PE</b> Unit 1 and 2	<b>INDOOR ATHLETICS REAL PE</b> Unit 3 and 4	<b>INVASION GAMES/MULTI SKILLS</b> (Hockey)	<b>GAMES: Fundamentals, Tag Rugby</b>	<b>ATHLETICS</b> (Sports day events) SLJ, Soft Javelin, Shot Putt, Relay, Sprint, High Jump, LDR	<b>MULTI SKILLS/ FITNESS and HEALTH</b>
	<b>INVASION GAMES/MULTI SKILLS</b> (Football) <b>Movement, SAQ and fitness</b>	<b>Real Gymnastics (Shape, Roles, Flight, Balance, Rotation)</b>	<b>DANCE</b> <b>Actions, Space, Dynamics and relationships</b>	<b>Basketball and Handball</b>	<b>REAL PE</b> Unit 5 and 6	<b>STRIKING AND FIELDING:</b> Mini Tennis/Cricket and Tri Golf

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

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

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