

Queensmead Primary Academy

PE Long Term Planning: Foundation / KS 1 & 2 SoW (Curriculum Map)

Year	Autumn Term		Spring Term		Summer Term	
	1	2	3	4	5	6
Foundation	Spatial Awareness	Dance	Balance, Agility & Co-ord.	Balance, Agility & Co-ord.	Ball skills	Small Games and Team Building
	Health and self-care	Health and self-care	Safety and Risk assessment	Safety and Risk assessment	Health and self-care	Health and self-care
1	Dance	Fundamental Movement Skills	Gymnastics	Fundamental Movement Skills	Developing Throwing & Catching skills	Mini-Competitions (self and others)
	Net / Wall (Ball skills / Mini-tennis)	Active Playground Games	Developing simple personal and communication skills through Team Games	Mini-Circus Skills	Mini – Fitness (some ‘Boxercise’)	Mini-Fitness (Running and Jumping)
2	Dance	Multi Skills	Gym	Dance	Developing Throwing & Catching skills	Mini-Competitions (self and others)
	Net / Wall (Ball skills / Mini-tennis)	Active Playground Games	Developing personal and communication skills through Team Games	Multi-Skills	Mini – Fitness and Health (some ‘Boxercise’)	Mini-Fitness (Running and Jumping)
3	Dance	Gym – Floor work	Dance	Gym - Apparatus	OAA	Striking and fielding skills
	Net / Wall (Ball skills / transition -tennis)	Competition and Co-operation through Invasion Games	Developing personal and communication skills through Team Games	Developing cognitive skills	Health and Fitness	Athletic Skills
4	Gym	Dance	Gym - Apparatus	OAA	Striking and Fielding (Rounders / Cricket)	Athletic Skills
	Invasion Games – Skill & Tactical Development (Uni-Hoc / Football)	Competition and Co-operation through Invasion Games	Developing Leadership Skills through Team Games	Developing cognitive skills	Swimming	Swimming
5	Gym	Dance	Healthy Challenge Act / Circuits	OAA	Striking and Fielding (Rounders / Cricket)	Athletics
	Invasion Games – Skill and Tactical Development (Tag Rugby /Basketball)	Competition and Co-operation through Invasion Games	Swimming	Swimming	Leadership and Team Challenge	Net / Wall Tennis
6	Gym	Dance	Healthy Challenge Act / Circuits	OAA	Striking and Fielding (Rounders / Cricket)	Athletics
	Swimming	Swimming	Invasion Games – Skill and Tactical Development (Tag Netball / Football)	Competition and Co-operation through Invasion Games	Leadership and Team Challenge	Net / wall Tennis