

Queensmead Primary Academy

PE Long Term Planning: Foundation / KS 1 & 2 SoW (Curriculum Map) 2023/2024

Year	Autumn Term		Spring Term		Summer Term	
	1	2	3	4	5	6
Foundation	Spatial Awareness	Dance	FMS-Balance, Agility & Co-ord.	FMS-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	Gymnastics- apparatus	FMS with Developing Throwing & Catching skills	Developing competitive Skills in team games
	Ball skills	Attack and defend team games	Developing simple personal and communication skills through Team Games	Attack and defend team games	Net and wall	FMS-Mini athletics (Running, jumping and throwing)
2	Dance	Fundamental movement skills	Gym	Gym-Apparatus	FMS with Developing Throwing & Catching skills	Developing competitive Skills in tam games
	Ball skills	Attack and defend team games	Developing personal and communication skills through Team Games	Fundamental movement skills	Net and wall	FMS-Mini athletics (Running, jumping and throwing)
3	Dance	Gym – Floor work	MultiSkills	Gym - Apparatus	OAA	Striking and fielding games
	Ball skills	Competition and Co-operation through Invasion Games (uni-hoc)	Developing personal and communication skills through Team Games	Net and wall	Tactical awareness in team games	Athletic Skills
4	Gym	Dance	Gym - Apparatus	OAA	Striking and Fielding (Rounders / Cricket)	Athletic Skills
	Invasion Games – ball Skills & Tactical Development (Football)	Competition and Co-operation through Invasion Games (basketball)	Developing Leadership Skills through Team Games	Net and wall	Swimming	Swimming
5	Gym	Dance	Gym-Apparatus	OAA	Striking and Fielding (Rounders / Cricket)	Athletics
	Invasion Games – Ball Skill and Tactical Development (Tag Rugby)	Competition and Co-operation through Invasion Games (handball)	Swimming	Swimming	Leadership and Team Challenge	Net and wall
6	Gym	Dance	Gym-Apparatus	OAA	Striking and Fielding (tennis / Cricket)	Athletics
	Swimming	Swimming	Team games – Ball Skill Development	Competition and Co-operation through Invasion Games	Leadership and Team Challenge	Net and wall