

Queensmead Primary Academy

PE Long Term Planning: Foundation / KS 1 & 2 SoW (Curriculum Map) 2025/2026

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	Fundamental movement skills	Gymnastics- Floorwork	Gymnastics	Dance	Fundamental movement skills (Catch up)	Developing competitive Skills in team games
	Ball skills	Attack and defend team games (Tag Games)	Developing simple personal and communication skills through Team Games	Target Games	Net and wall	Mini athletics (Running, jumping and throwing)
2	Fundamental movement skills	Gym	Gym-apparatus	Dance	Developing Throwing & Catching skills	Developing competitive Skills in team games
	Ball skills	Attack and defend team games (Tag Games)	Developing personal and communication skills through Team Games	Fundamental movement skills	Net and wall	Mini athletics (Running, jumping and throwing)
3	Gym-Floorwork	Gym – Apparatus	MultiSkills	Dance	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 (Short tennis)	Tactical awareness in team games	Athletics
4	Gym	OAA	Gym - Apparatus	Dance	Team and Individual skills	Athletics
	Invasion Games – ball Skills & Tactical Development (Football)	Competition and Co-operation through Invasion Games (basketball)	Developing Leadership Skills through Team Games	Net and wall (Badminton)	Swimming	Swimming
5	Gym	Dance	Gym-Apparatus	OAA	Striking and Fielding Cricket/Rounders	Athletics
	Invasion Games – Ball Skill and Tactical Development (Tag Rugby)	Competition and Co-operation through Invasion Games (handball)	Swimming	Swimming	Developing Leadership through team games and challenges	Net and wall Volleyball/Badminton
6	Gym	OAA	Gym-Apparatus	Dance	Striking and Fielding Rounders /Cricket	Athletics
	Swimming	Swimming	Team games – Ball Skill Development Basketball/netball	Competition and Co-operation through Invasion Games	Developing Leadership through team games and challenges	Net and wall Badminton/tennis