

Owston Park Primary Academy - Long Term Curriculum Map - Physical Education Sept 2026-July 2027

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	7 Weeks	6 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

Owston Park Primary Academy - Long Term Curriculum Map - Physical Education Sept 2026-July 2027

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
	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

Owston Park Primary Academy - Long Term Curriculum Map - Physical Education Sept 2026-July 2027

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 and 6 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 (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

Owston Park Primary Academy - Long Term Curriculum Map - Physical Education Sept 2026-July 2027

	MULTI SKILLS: REAL PE Unit 1, 2 and 3	Real Gymnastics (Shape, Roles, Flight, Balance, Rotation)	DANCE (Actions, Space, Dynamics and Relationships)	MULTI SKILLS: REAL PE Unit 4,5 and 6	ATHLETICS/SPORTS DAY (Sports Day events) SLJ, Soft Javelin, Shot Putt, Relay, Sprint, High Jump, LDR	STRIKING AND FIELDING: Cricket, Rounders and Tri Golf
Year 5	SWIMMING	SWIMMING	SWIMMING	SWIMMING	SWIMMING	SWIMMING
	MULTI SKILLS: REAL PE Unit 1, 2 and 3	INDOOR ATHLETICS	INVASION GAMES/MULTI SKILLS (Basketball, Tag Rugby)	INVASION GAMES (Handball and Hockey)	ATHLETICS/SPORTS DAY (Sports Day events) SLJ, Soft Javelin, Shot Putt, Relay, Sprint, High Jump, LDR	ORIENTERRING/ FITNESS and HEALTH
	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, Rounders and Tri Golf

Owston Park Primary Academy - Long Term Curriculum Map - Physical Education Sept 2026-July 2027

Year 6	MULTI SKILLS: REAL PE Unit 1, 2 and 3	INDOOR ATHLETICS	INVASION GAMES/MULTI SKILLS (Basketball, Tag Rugby)	INVASION GAMES (Handball and Hockey)	ATHLETICS/SPORTS DAY (Sports Day events) SLJ, Soft Javelin, Shot Putt, Relay, Sprint, High Jump, LDR	ORIENTERRING/ FITNESS and HEALTH
	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, Rounders and Tri Golf