

Northwick Park Primary Academy

KS1 PE Curriculum Map

Year Group/ Length of Lesson		Autumn		Spring		Summer	
YR	45	Real PE Unit 1	Real PE Unit 2	Real PE Unit 3	Real PE Unit 4	Real PE Unit 5	Real PE Unit 6
	45	Gym/Dance Space – starting/ Stopping, travelling	Gym/Dance Space – starting/ Stopping, travelling	Gym Apparatus Jumping & Landing, Travelling	Gym Apparatus Jumping & Landing, Travelling	Picnic Dance (Patterns)	Gym Apparatus Jumping & Landing, Travelling
Y1	45	Real PE Unit 1	Real PE Unit 2	Real PE Unit 3	Real PE Unit 4	Real PE Unit 5	Real PE Unit 6
	30 (PPA)	Dance VS Unit 1 Shapes	Gym VS Unit E & G Balances & Shapes	Gym Preparation for key steps competition	Picnic Dance	Picnic Dance	Gym VS Unit F Rocking 7 Rolling – forward rolls
Y2	45	Real PE Unit 1	Real PE Unit 2	Real PE Unit 3	Real PE Unit 4	Real PE Unit 5	Real PE Unit 6
	30 (PPA)	Gym Balance & shape with a partner	Gym	Gym Rocking & Rolling – backward rolls	Picnic Dance	Picnic Dance	Gym Transitions/ building sequences