



Esh Winning Primary School
Physical Education
Core Task Long Term Plan 2022/2023

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<u>Athletics</u> Honey Pot	<u>Dance</u> Moving Along	<u>Gymnastics</u> Making Shapes	<u>Invasion Games</u> Ten-point hoops	<u>Dance (Durham SSP)</u> Themes and Dreams	<u>S/F Games</u> Beanbag Throw
Year One	<u>Athletics</u> Colour Match	<u>Dance</u> Cat Dance	<u>Gymnastics</u> Families of Actions	<u>Net-Wall Games</u> Mini Tennis 1	<u>S/F Games</u> Kick rounders	<u>Dance (Durham SSP)</u> How does it feel?
Year Two	<u>Dance</u> Round the clock	<u>Gymnastics</u> Partner Work	<u>Invasion Games (Durham SSP)</u> Piggy in the middle	<u>Net-Wall Games</u> Mini tennis 2	<u>Athletics</u> Furthest Five	<u>S/F Games</u> Kick rounders
Year Three	<u>Dance</u> Indian Delight	<u>Gymnastics</u> Balancing Act	<u>Swimming</u> <u>Invasion Games (Durham SSP)</u> On the attack	<u>Swimming</u> <u>Net-Wall Games</u> Target Baggers	<u>Athletics</u> Furthest Five	<u>S/F Games</u> Arc rounders
Year Four	<u>Swimming</u> <u>Gymnastics (Durham SSP)</u> Balancing act	<u>Swimming</u> <u>Dance</u> Machines	<u>Invasion Games</u> End zone	<u>OAA</u> Gone fishing Search and rescue	<u>Athletics</u> Pass the baton	<u>S/F Games</u> Boundary line Run the loop
Year Five	<u>Dance</u> Masquerade	<u>Gymnastics</u> Acrobatic gymnastics	<u>Invasion Games</u> Grid rugby	<u>Net-Wall Games (Durham SSP)</u> Long and thin or short and fat	<u>Swimming</u> <u>OAA</u> Safely Across Crystal Star Challenge	<u>Athletics</u> 3 Jump Challenge
Year Six	<u>Athletics</u> Faster, Higher, Further	<u>Invasion Games</u> Tag rugby	<u>Gymnastics</u> Group dynamics	<u>Dance</u> What's so funny	<u>Net-Wall Games & S/F Games</u> What a racket NW Runners S/F Pairs Cricket S/F	<u>Swimming</u> <u>Athletics (Durham SSP)</u> Distance Challenge

