

**Cotherstone Primary School**

**Physical Education Long-Term Plan**

**Cycle A - (Even year e.g. 2020)**

	<b><u>Autumn 1</u></b>	<b><u>Autumn 2</u></b>	<b><u>Spring 1</u></b>	<b><u>Spring 2</u></b>	<b><u>Summer 1</u></b>	<b><u>Summer 2</u></b>
<b><u>Year 1 &amp; 2</u></b>	<u>Games</u> Piggy in the Middle (CT)	<u>Games</u> Multi Skills (SSSP)	<u>Swimming</u>	<u>Swimming</u>	<u>Athletics</u> Colour Match (CT)	<u>Athletics</u> Colour Match continued
	<u>Gymnastics</u> EDS ks1 Unit 1 Task 2	<u>Dance</u> Cat Dance (CT)	<u>Gymnastics</u> Making Shapes (CT)	<u>Games</u> Football (SSSP)	<u>Dance</u> How Does It Feel? EDS KS1 Unit 2	<u>OAA</u> Where Are We Going? EDS KS1 Ut 1 Task 1
<b><u>Year 3 &amp; 4</u></b>	<u>Games</u> Tag Rugby (SSSP)	<u>Gymnastics</u> Balancing Act (CT)	<u>Dance</u> Machines (CT)	<u>OAA</u> Where Am I? EDS KS2 Unit2 Task 2	<u>Games</u> Cricket (SSSP)	<u>Athletics</u> Distance Challenge EDS KS2 Unit 3
	<u>Swimming</u>	<u>Swimming</u>	<u>Gymnastics</u> EDS KS2 Unit 4 Task 1	<u>Dance</u> Topic-Based Dance	<u>Athletics</u> Take Aim (CT)	<u>OAA</u> Communication Challenge EDS Unit 2 Task 2
<b><u>Year 5 &amp; 6</u></b>	<u>Games</u> Pairs Play (CT)	<u>Gymnastics</u> Group Dynamics (CT)	<u>Dance</u> Invasion (CT)	<u>Gymnastics</u> EDS Unit 6 Tasks 1 & 2	<u>OAA</u> Beat the Clock (EDS)	<u>Athletics</u> (SSSP)
	<u>Swimming</u>	<u>Swimming</u>	<u>Games</u> High 5 Netball (SSSP)	<u>Athletics</u> Improving Athletes (CT)	<u>Dance</u> Propped Up (CT)	<u>OAA</u> Crystal Star Challenge (CT)

OAA - Outdoor and Adventurous Activities

SSSP - Staindrop School Sports Partnership

CT - Core Task

EDS - Durham Assessment Task

