

North Park Primary School PE Long Term Plan 2022-23

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Go Well Coaching	OAA Y2A & Y5	FMS and Move with Max : Reception	TBC	Dance Y1 & Y2B	Athletics Y3 & Y6	Athletics Nurture & Y4
Reception/	FMS Move with Max: Aliens Love Underpants Durham Cards & YST All the Fun of the Fair	FMS 4.11.22 Friday pm Move with Max: Aliens Love Underpants Durham Cards & YST Searching for Teddy	FMS Move with Max: The Gruffalo Durham Cards & YST Dance Your Socks Off (Mrs Summerill) Move with Max Coaching	FMS Move with Max: The Gruffalo Durham Cards & YST Beep Beep!	FMS Move with Max: Tiny Whale a Fishy Tale Durham Cards & YST Saving the Princess	FMS Move with Max: Tiny Whale a Fishy Tale Durham Cards & YST The Seaside
Nurture <i>Swimmers to go with their year group</i>	KS1 FMS Locomotion, Balance, Coordination, Agility, Sending & Receiving, Stabilisation	KS1 FMS Basketball Coach	Games Skittles (I) Dance Cat Dance	Gymnastics Families of Actions Games Piggy in the Middle	Games Kick Rounders (S&F) Mini Tennis (N&W)	Athletics Colour Match 9.6.23 Friday PM swimming
Year 1	FMS Move with Max: Aliens Love Underpants Games Ten Point Hoops	FMS Move with Max: Aliens Love Underpants Gymnastics Assessing Level 1 Unit 1 Tasks 1 and 2	Games Rolla Ball Gymnastics Coaching (Making Shapes)	Dance Moving Along 1.3.23 Thurs pm Dance Themes and Dreams	Athletics Colour Match OAA Where Are We Going?	Games Beanbag Throw Athletics Honey Pot
Year 2	OAA 16.9.22 Friday pm Shipwrecked Gone Fishing Fit for Life Coaching yoga	Games 3 Touch Ball (delivered through football) Gymnastics Families of Actions	Dance Cat Dance Games Piggy in the Middle	Dance How Does it Feel? 1.3.23 Thurs pm (Y2B) Gymnastics Coaching Assessing Level 1 / 2 Unit 2 Tasks1&2	Athletics Take Aim Games Skittles (I)	Athletics Colour Match Games Kick Rounders (S&F)

Year 3	Swimming Games On the Attack (delivered Through football) Gymnastics Balancing Act	Games Target Baggers (N&W) Basketball Coach	Gymnastics Assessing Level 2/3 Unit 3,Task 1 Games Mini Tennis 1 (N&W)	Dance Round the Clock OAA Search and Rescue and Where Am I?	Athletics Pass the Baton 21.4.23 Friday pm OAA North Park OAA Resources	Games Run the Loop (S&F) Previously delivered by Go Well Athletics Off, Up and Away
Year 4	Pink gym Games End Zone (I) Fit for Life Coaching	Swimming Athletics Faster, Higher, Further Dance Indian Delight	Dance What's So Funny? Gymnastics Acrobatic Gymnastics Gymnastics @ Pink Gym	Games Mini Tennis 2 (N&W) Gymnastics @ Pink Gym	Swimming OAA Communication Challenge and Safely Across	Swimming Athletics Furthest Five 9.6.23 Friday pm Games Boundary Line (S&F)
Year 5	OAA Crystal Star Challenge 16.9.22 yoga Games Calling the Shots (played through Tag Rugby) Gymnastics @ Pink Gym Group Dynamics	Games Fives and Threes (Inv) Gymnastics @ Pink Gym	Swimming Dance Masquerade Athletics Distance Challenge	Swimming Games What a Racket! (N&W) Dance Machines	Dance Coaching (JBD)	Games Runners- Cricket (S&F) Games Zone Rounders (S&F)
Year 6	Swimming Games Wide Attack (I) (Delivered through Basketball) Gymnastics Double Take	Games Grid Rugby and Tag Rugby (I) Athletics Distance Challenge	Dance Making the Grade Fit for Life	Games (N&W) Long & Thin or Short & Fat OAA Beat the Clock and Electric Fence	Athletics Developing Athletes 21.4.23 Friday pm (Kirsty) Gymnastics @ Pink Gym Dance Coaching (JBD)	Games Pairs Cricket (S&F) Gymnastics @ Pink Gym

Blue = Durham County Core Tasks

Red = QCA (PESCCL) Core Tasks

Go well coaching

past Go Well coaching

Not go well related

***Each class has two 1-hour PE sessions scheduled each week plus additional coaching and taster sessions provided by Go Well and other agencies.**

***Each class completes Active 30**

Whole Day Events

Archery day

Skipping day

PE escape room

Frisbee Day

CPD

- 8 hours Specialist PE Support
- New to Teaching PE
- Whole Staff CPD 5 x1 hr for each teacher
- Team Up 2 classes selected to learn about how sport impacts their wellbeing

Active 30 Ideas

- Daily Mile
- BBC Supermovers/ Jump Start Jonny/ Just Dance Kids/ Go Noodle/ Cyber Coach (every morning upon arrival and after breaktimes)
- Brain breaks in lessons (e.g. Simon Says/ Rock, Paper, Scissors/ Reaction time games/ Heads down, Thumbs Up/ 1-2-3 game)
- Fit for Life
- Personal Challenges at breaktimes- led by School Sports Organising Crew
- Equipment out at breaktimes (balls, skipping rope, hoops, beanbags, rackets)
- 1x active part of lesson per week (do on a non-PE day)