

EASINGTON C OF E CORE TASK PE LONG TERM PLAN

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
SSP Events	-KS1 Disney Shooting Stars -Y5/6 Mixed Football -Y1/2 & Y3/4 Football -Mixed Y4 Football -X-Country -Y5/6/ Netball	- Y5/6 Tag Rugby - Y5/6 Girls Football - Y5/6 SH Athletics - Y3/4 SH Athletics	- KS2 Sportsability - KS1&2 Swimming Gala -Y1 Multiskills - Gym Festival	-Swimming County Finals -Y3/4 Basketball Skills -Y5/6 Basketball - Wellbeing Festival - Tag Rugby County Final -P'lee District Football -Dance Festival	-P'lee District Football -Y2/3 Mini Tennis -Y4/5 Mini Tennis -KS2 Girls Cricket -KS2 Mixed Cricket	-Y5/6 Athletics -Y2 OAA -P'lee District Football -Y5 Netball -Y3/4 Cricket -Y1/2 & Y3/4 Athletics -Athletics County Final
External Coaching						
EYFS	FMS Move with Max: Aliens Love Underpants Durham Cards & YST All the Fun of the Fair	FMS Move with Max: The Gruffalo Durham Cards & YST Searching for Teddy	FMS Move with Max: Tiny Whale a Fishy Tale Durham Cards & YST Dance Your Socks Off	FMS Move with Max: Jack & The Incredibly Mean Stalk Durham Cards & YST Beep Beep!	FMS Move with Max: Revisit MWM Themes/ use current storybooks used in classroom Durham Cards & YST Saving the Princess	FMS Move with Max: Revisit MWM Themes/ use current storybooks used in classroom Durham Cards & YST The Seaside
Year 1	Games Ten Point Hoops Multiskills Locomotion, Object Control, Manipulation, Agility, Balance, Coordination	Games Piggy in the Middle Gymnastics Assessing Level 1 Unit 1 Tasks 1 and 2	Dance Moving Along Gymnastics Making Shapes	Dance Themes and Dreams Games Rolla Ball	Athletics Colour Match OAA Where Are We Going?	Games Beanbag Throw Athletics Honey Pot
Year 2	Multiskills Gymnastics Families of Actions	Games Piggy in the Middle OAA Shipwrecked Gone Fishing	Dance Cat Dance Gymnastics Assessing Level 1 / 2 Unit 2 Tasks1&2	Dance How Does it Feel? Games Kick Rounders (S&F)	Athletics Take Aim (selected throws to help prepare for Quadkids) Games Mini Tennis 1 (N&W) (prepare for tennis festival)	Athletics Colour Match Off, Up & Away
Year 3/4 Cycle A	SAQ Multiskills Gymnastics Balancing Act	Games Target Baggers (N&W) Games Skittles - Basketball (I)	Dance Round the Clock Gymnastics Assessing Level 2/3 Unit 3,Task 1	OAA Search and Rescue Games 3 Touch Ball - Netball (I)	Athletics Pass the Baton Mini Tennis 2 (N&W) (prepare for tennis festival)	Games Run the Loop (S&F) Athletics Furthest 5/ Athletics Festival Preparation

Year 3/4 Cycle B	SAQ Multiskills Gymnastics Partner Work	End Zone (I) Athletics Sportshall Athletics	Dance Machines Gymnastics Assessing Level 2/3 Unit 4 Tasks 1+2	OAA Where Am I? Games 3 Touch Ball – Basketball (I)	Athletics Mini Tennis 2 (N&W) (prepare for tennis festival)	Games Arc Rounders (S&F) Athletics Furthest Five/ Athletics Festival Preparation
Year 4/5 Cycle A	Games On the Attack - Football (I) Gymnastics Partner Work	Athletics Faster, Higher, Further (I) Games Fives and Threes (Inv)	Dance What's So Funny? Gymnastics Acrobatic Gymnastics	OAA Communication Challenge and Safely Across Dance Indian Delight	Athletics Furthest Five Games Mini Tennis 2 (N&W) (prepare for tennis festival)	Games Boundary Line Cricket (S&F) Gymnastics Assessing Level 3 / 4 Unit 5 Tasks 1 and 2
Year 4/5 Cycle B	Games Calling the Shots – Hockey (I) Gymnastics Group Dynamics	Athletics 3 Jump Challenge Games Grid Rugby (Inv)	Dance Masquerade Gymnastics Acrobatic Gymnastics	OAA Crystal Star Challenge Dance Machines	Athletics Distance Challenge Games What a Racket! Tennis (N&W)	Games Runners (S&F) Gymnastics Assessing Level 3 / 4 Unit 5 Tasks 1 and 2
Year 6	Games Wide Attack – Football *could explore game through a variety of invasion games to highlight transferable skills. Gymnastics Double Take	Athletics Distance Challenge Games Tag Rugby (I)	Dance Making the Grade Gymnastics Assessing Level 4/5 Unit 6 Tasks 1 and 2	OAA Beat the Clock and Electric Fence Dance Invasion	Athletics Developing Athletes Games (N&W) Long & Thin or Short & Fat. Tennis	Games Pairs Cricket (S&F) Zone Rounders (S&F)

Blue = Durham County Core Tasks Red = PESCCCL Core Tasks

Each class participates in 2x 1-hour PE sessions per week plus, additional enrichment activities.

Easington Primary C of E – Commitment to Physical Activity and PE

Our PE curriculum is planned using the **School Sport Partnership calendar of events and festivals**, ensuring that our children are well-prepared for the competitions and activities they attend. This structured approach gives them the **best possible opportunity to develop their skills and confidence** in a variety of sports and physical activities.

We follow a **Core Task curriculum**, which provides a structured approach to delivering progressive skills at an age-appropriate level.

Our class teachers and coaches use their professional judgment to **differentiate tasks**, ensuring inclusivity and equality for all learners.

In addition to this, we provide **enrichment sports and physical activities**, exposing children to new opportunities beyond the standard curriculum.

We firmly believe that every child can find a form of movement they enjoy, helping them to lead an active lifestyle. Through this approach, we aim to develop:

- **Fundamental movement skills** necessary for lifelong physical activity
- **An understanding that skills are transferable** across different sports and activities
- **An appreciation of the physical, mental, and social benefits of movement**
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By fostering a love for movement and physical education, we empower our children to become **physically literate for life**, building confidence, resilience, and a positive attitude toward health and well-being.

At Easington Primary C of E, we recognize the importance of physical activity alongside structured and progressive PE lessons. We are committed to ensuring that all children engage in a minimum of **30 minutes of physical activity every day**, while also maximizing movement time within PE lessons.

To help children meet the **Chief Medical Officer's physical activity guidelines**, we provide a variety of opportunities, including:

- **Active breaktimes**
- **Lesson movement breaks**
- **Wake Up, Shake Up activities**
- **Online movement programmes** (e.g., Jump Start Jonny, Danny Go, Just Dance Kids, Supermovers)
- **Active lessons**, where possible

We acknowledge the **positive impact** of physical activity on the whole child—physically, emotionally, and socially.

Increased movement contributes to improved **concentration, behaviour, and learning**, fostering a healthier and more engaged school environment.