



PE Long Term Plan (LTP)

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Key Stage	Pathway	Cycle	Autumn			Spring			Summer			
2	Red	A	Skill Acquisition	Team games 1		Movement	Dance 1	Our Health 1	Intro to Cycling	Athletics Skills 1	Golf	
2	Red	B	Playing with others.	Team games 2		Gymnastics	Dance 2	Our Health 2	Ball Striking	Athletics Skills 2	Tennis	
3	Red	A	Teamwork Skills	Invasion Games 1		Net Games	Personal Fitness: Exploring the community.	Cycling	Footgolf	Athletics: Introduction to rules	Striking & Fielding 1	
3	Red	B	Invasion Games 2	Orienteering		Gymnastics	Personal Fitness: Personal Goals	World Sport	Tennis	Athletics: Introduction to competition.	Striking & Fielding 2	
3	Green	A	Teamwork Skills	Ball Skills		Dance	Personal Fitness: Exploring the community.	Net Games	Individual Games	Athletics: Introduction to rules	Ball Striking	
3	Green	B	Ball Skills	Invasion Games 3		Gymnastics	Personal Fitness: Personal Goals	World Sport	Cycling	Athletics: Introduction to competition.	Ball Striking	
Yr9	Red	A	Invasion Games 3	Strategy		Personal Fitness: Personal Challenge	Leadership Skills	Yoga & Mental Wellbeing	Golf	Athletics: Officiating and scoring.		
4	Red	A	Football	Hockey (Uni-Hockey)		Basketball	Fitness 1	Tchoukball	Badminton	Cycling 1	Athletics: Rules and Technique	Cricket
4	Red	B	Rugby	Netball		Golf/	Fitness 2	Futsal	Volleyball	Cycling 2	Athletics: Performance	Rounders
4	Green	A	Basketball	Dodgeball	Invasion Games	Gymnastics	Gymastics	Fitness	Cricket	Kwik Cricket	Rounders	



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4	Green	B	Circuit Training	Personal Exercise Plan		Exploration of Dance	Dance	African Dance	Athletics: Jumping	Athletics: Throwing	Athletics: Running
5	Red	A	Teamwork	Invasion Games	Your Game: Creating Games		Personal Fitness: Personal Exercise Programme.	Leadership	Mental Wellbeing	Leisure Activities	Golf
5	Red	B	Team Games	World Sport	Net Games		Personal Fitness: Personal Exercise Programme.	Cycling	Tennis/ Padel	Leisure Activities	Footgolf
Mount Road		A	Teamwork Skills	Net Games		Strategy	Personal Fitness: Exploring the community.	Cycling	Footgolf	Athletics: Introduction to rules	Golf
Mount Road		B	Orienteering	Individual Games		Gymnastics	Personal Fitness: Personal Goals	World Sport	Tennis	Athletics: Introduction to competition.	Frisbee Golf
KS3 Aspire	Following KS4										
KS4 Aspire	Following KS4										