



**Long Term Plan**

**Year : 10 H**

**Subject: Core PE**

| <b><u>AUTUMN TERM 1</u></b>                      | <b><u>AUTUMN TERM 2</u></b>                     |
|--------------------------------------------------|-------------------------------------------------|
| Football<br>Netball<br>Dance<br>Swimming         | Football<br>Netball<br>Dance<br>Swimming        |
| <b><u>SPRING TERM 1</u></b>                      | <b><u>SPRING TERM 2</u></b>                     |
| Swimming<br>Football<br>Rugby<br>Fitness (GCSE)  | Swimming<br>Football<br>Rugby<br>Fitness (GCSE) |
| <b><u>SUMMER TERM 1</u></b>                      | <b><u>SUMMER TERM 2</u></b>                     |
| Athletics<br>Athletics<br>Athletics<br>Athletics | Rounders<br>Cricket<br>Softball<br>Rounders     |



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| <b><u>AUTUMN TERM 1</u></b>                      | <b><u>AUTUMN TERM 2</u></b>                 |
|--------------------------------------------------|---------------------------------------------|
| Football<br>Netball<br>Rugby<br>Swimming         | Football<br>Netball<br>Rugby<br>Swimming    |
| <b><u>SPRING TERM 1</u></b>                      | <b><u>SPRING TERM 2</u></b>                 |
| Swimming<br>Football<br>Dance<br>Fitness (GCSE)  | Swimming<br>Football<br>Dance<br>Fitness    |
| <b><u>SUMMER TERM 1</u></b>                      | <b><u>SUMMER TERM 2</u></b>                 |
| Athletics<br>Athletics<br>Athletics<br>Athletics | Rounders<br>Cricket<br>Softball<br>Rounders |