



## Whole School Long Term Overview: PE

### KS3 -KS4

#### Rationale

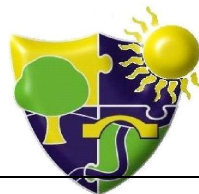
The PE long term plan has coverage of the 6 areas that make up the PE progression framework (Dance, Gymnastics, Athletics, Games, Teamwork, Outdoor adventure). Each area cover for 1 half term each year, indoor activities feature at the start of each year and outdoor activities are in the second part of the year as the outdoor spaces can be used. When a theme for a half term doesn't have an activity listed the activity will be informed by the theme itself, for example Theme=Dance, Skills in Balance, the activity will be dance based activities.

Students will progress their skills on a 5-year plan range from KS3 into KS4

T – Theme for the term      S- Skill focus for the term      A – Activity for the term

Pathways:	Foundations for Life	Learning for Life	Options for Life
-----------	----------------------	-------------------	------------------

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>KS3</b> YEAR 1 2024-25	T - Gymnastics S - Jumping	T – Teamwork S - Striking A - Tennis	T – Dance S - Balance	T -Games S - Passing A - Basketball	T - Outdoor Adventure S – Trust & co- operation	T - Athletics S – Running A – Multi sport



<b>KS3</b> YEAR 2 2025-26	T - Gymnastics S - Rolling	T - Teamwork S - Catching A - Rounders	T - Dance S – Body movements	T - Games - S - Shooting A - Football	T - Outdoor Adventure S – Navigation	T – Athletics S - Jumping A – Multi sport
<b>KS3</b> YEAR 3 2026-27	T - Gymnastics S - Balance	T -Teamwork S- Positioning A -Cricket	T - Dance S – Sequencing	T - Games - S – Attacking A- Rugby	T - Outdoor Adventure S – Follow a path	T - Athletics S – Throwing A – Multi sport

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>KS4</b> YEAR 1 2024-25	T – Teamwork S – Communication A – Rounders	T - Gymnastics S – Sequencing	T - Games S – Defending A – Hockey	T - Dance S - Rhythm/ timing	T - Athletics S – Jumping and running	T - Outdoor Adventure S – Exporing natural world
<b>KS4</b> YEAR 2 2025-26	T - Teamwork S – Tactics A – Cricket	T – Gymnastics S – Preforming	T - Games S – Gameplay A – Multi games	T - Dance S – Preforming	T - Athletics S - Relay	Outdoor Adventure S – Orienteering