

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



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

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

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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS5	LSC	LSC	LSC- Mental Health and	LSC- Mental Health and	LSC- Participating in	LSC- Participating in
YEAR 1	Experiencing/participati	Experiencing/participati	Wellbeing	Wellbeing	Sport and Leisure	Sport and Leisure
2024-25	ng in Games	ng in Games WTE 1			Physical activity	Physical activity
	WTE 1 LSC Ball Games	LSC Ball Games	WTE 1 LSC – Mental Health and	WTE 1 LSC – Mental Health and	WTE 1	WTE 1 LSC- Leading a
	LSC Ball Games	LSC Ball Games	Well-being	Well-being	LSC- Leading a Healthy lifestyle	Healthy lifestyle
			Well-bellig		Healiffy illestyle	riedility illestyle
	WTE 1-Entry 1	WTE 1-Entry 1	WTE 1-Entry 1	WTE 1-Entry 1	WTE 1-Entry 1	WTE 1-Entry 1
	LSC Introduction to sport	LSC Introduction to sport	LSC – Mental Health and	LSC – Mental Health and	LSC- Leading a	LSC- Leading a
	Entry 2- Entry 3	Entry 2- Entry 3	Well-being Entry 2 -Entry	Well-being Entry 2 -Entry 3	Healthy lifestyle Entry	Healthy lifestyle Entry
			3		3	3
	Level 1 – Sports	Level 1 – Sports		Level 1- Strategies to		
	Leadership	Leadership	Level 1- Strategies to	support Mental Health	Level 1- Following a	Level 1- Following a
KS5	LSC- Participating in	LSC- Participating in	support Mental Health LSC- Taking Sport in the	LSC- Taking Sport in the	Fitness Programme LSC – Yoga and	Fitness Programme LSC – Yoga and
YEAR 2	different leisure activities	different leisure activities	Community	Community	Therapy	Therapy
2025-26	WTE 1	WTE 1	Commonity	Continuoriny	ПСГФРУ	Пстару
2020 20			WTE 1	WTE 1	WTE 1	WTE 1
	LSC- Participating in	LSC- Participating in	LSC- Taking Sport in the	LSC- Taking Sport in the	LSC – Yoga and	LSC – Yoga and
	different leisure activities	different leisure activities	Community	Community	Therapy	Therapy
	WTE 1-Entry 1	WTE 1-Entry 1				
		ICO De l'atentine in	WTE 1-Entry 1	WTE 1-Entry 1	WTE 1-Entry 1	WTE 1-Entry 1
	LSC- Participating in different leisure activities	LSC- Participating in different leisure activities	LSC- Taking Sport in the Community	LSC- Taking Sport in the Community	LSC – Yoga and Therapy	LSC – Yoga and Therapy
	Entry 2- Entry 3	Entry 2- Entry 3	Corrinority	Continioning		Пегару
	Level 1- Benefits of Sport	Level 1- Benefits of Sport	Entry 2- Entry 3	Entry 2- Entry 3	Entry 2- Entry 3	Entry 2- Entry 3
			Level 1 – Ten Pin Bowling	Level 1 – Ten Pin Bowling	Level 1 – My Brain	Level 1 – My Brain
					and Mindfulness	and Mindfulness
KS5	LSC Health and Fitness	LSC Health and Fitness	LSC – Using a	LSC – Using a Community	LSC- Join a Breakfast	LSC- Join a Breakfast
YEAR 3	and Sport Activities	and Sport Activities	Community Fitness Trail	Fitness Trail	Club	Club
2026-27	WTE 1	WTE 1	WTE 1	WTE 1	WTE 1	WTE 1
	LSC Health and Fitness and Sport Activities	LSC Health and Fitness and Sport Activities	LSC – Using a Community Fitness Trail	LSC – Using a Community Fitness Trail	LSC- Join a Breakfast Club	LSC- Join a Breakfast Club
	Entry 1-2	Entry 1-2	Entry 1-2	Entry 1-2	Entry 1-2	Entry 1-2
	LSC Health and Fitness	LSC Health and Fitness	LSC – Using a	LSC – Using a Community	LSC- Join a Breakfast	LSC- Join a Breakfast
	and Sport Activities	and Sport Activities	Community Fitness Trail	Fitness Trail	Club	Club
	Entry 2- Entry 3	Entry 2-Entry 3	Entry 2-Entry 3	Entry 2-Entry 3	Entry 2- Entry 3	Entry 2- Entry 3
	Level 1- Explore success	Level 1- Explore success	Level 1 - Community	Level 1 - Community	Level 1 – Preparing a	Level 1 – Preparing a
	and the need for	and the need for	Fitness Trail TBA	Fitness Trail TBA	variety of Breakfast	variety of Breakfast
	physical	physical				

