



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 YEAR 1 2024-25 All Pathways	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



KS3 YEAR 2 2025-26 All Pathways	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
KS3 YEAR 3 2026-27 All Pathways	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

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS4 YEAR 1 2024-25 All Pathways	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
KS4 YEAR 2 2025-26 All Pathways	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



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS5 YEAR 1 2024-25	LSC Experiencing/participating in Games WTE 1	LSC Experiencing/participating in Games WTE 1	LSC- Mental Health and Wellbeing WTE 1	LSC- Mental Health and Wellbeing WTE 1	LSC- Participating in Sport and Leisure Physical activity WTE 1	LSC- Participating in Sport and Leisure Physical activity WTE 1
	LSC Ball Games WTE 1-Entry 1	LSC Ball Games WTE 1-Entry 1	LSC – Mental Health and Well-being WTE 1-Entry 1	LSC – Mental Health and Well-being WTE 1-Entry 1	LSC- Leading a Healthy lifestyle WTE 1-Entry 1	LSC- Leading a Healthy lifestyle WTE 1-Entry 1
	LSC Introduction to sport Entry 2- Entry 3 Level 1 – Sports Leadership	LSC Introduction to sport Entry 2- Entry 3 Level 1 – Sports Leadership	LSC – Mental Health and Well-being Entry 2 -Entry 3 Level 1- Strategies to support Mental Health	LSC – Mental Health and Well-being Entry 2 -Entry 3 Level 1- Strategies to support Mental Health	LSC- Leading a Healthy lifestyle Entry 3 Level 1- Following a Fitness Programme	LSC- Leading a Healthy lifestyle Entry 3 Level 1- Following a Fitness Programme
KS5 YEAR 2 2025-26	LSC- Participating in different leisure activities WTE 1	LSC- Participating in different leisure activities WTE 1	LSC- Taking Sport in the Community WTE 1	LSC- Taking Sport in the Community WTE 1	LSC – Yoga and Therapy WTE 1	LSC – Yoga and Therapy WTE 1
	LSC- Participating in different leisure activities WTE 1-Entry 1	LSC- Participating in different leisure activities WTE 1-Entry 1	LSC- Taking Sport in the Community WTE 1-Entry 1	LSC- Taking Sport in the Community WTE 1-Entry 1	LSC – Yoga and Therapy WTE 1-Entry 1	LSC – Yoga and Therapy WTE 1-Entry 1
	LSC- Participating in different leisure activities Entry 2- Entry 3 Level 1- Benefits of Sport	LSC- Participating in different leisure activities Entry 2- Entry 3 Level 1- Benefits of Sport	LSC- Taking Sport in the Community Entry 2- Entry 3 Level 1 – Ten Pin Bowling	LSC- Taking Sport in the Community Entry 2- Entry 3 Level 1 – Ten Pin Bowling	LSC – Yoga and Therapy Entry 2- Entry 3 Level 1 – My Brain and Mindfulness	LSC – Yoga and Therapy Entry 2- Entry 3 Level 1 – My Brain and Mindfulness
KS5 YEAR 3 2026-27	LSC Health and Fitness and Sport Activities WTE 1	LSC Health and Fitness and Sport Activities WTE 1	LSC – Using a Community Fitness Trail WTE 1	LSC – Using a Community Fitness Trail WTE 1	LSC- Join a Breakfast Club WTE 1	LSC- Join a Breakfast Club WTE 1
	LSC Health and Fitness and Sport Activities Entry 1-2	LSC Health and Fitness and Sport Activities Entry 1-2	LSC – Using a Community Fitness Trail Entry 1-2	LSC – Using a Community Fitness Trail Entry 1-2	LSC- Join a Breakfast Club Entry 1-2	LSC- Join a Breakfast Club Entry 1-2
	LSC Health and Fitness and Sport Activities Entry 2- Entry 3 Level 1- Explore success and the need for physical	LSC Health and Fitness and Sport Activities Entry 2-Entry 3 Level 1- Explore success and the need for physical	LSC – Using a Community Fitness Trail Entry 2-Entry 3 Level 1 - Community Fitness Trail TBA	LSC – Using a Community Fitness Trail Entry 2-Entry 3 Level 1 - Community Fitness Trail TBA	LSC- Join a Breakfast Club Entry 2- Entry 3 Level 1 – Preparing a variety of Breakfast	LSC- Join a Breakfast Club Entry 2- Entry 3 Level 1 – Preparing a variety of Breakfast

