



Elms Bank
School & College

Excellence for All

PE

Long Term Plan

Specialist Provision KS3

	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Year 7	Fundamentals of movement through Health Related Fitness	Fundamentals of movement through Invasion Games	Fundamentals of movement through Trampolining and Gymnastics	Fundamentals of movement through Net and Wall Games	Fundamentals of movement through Athletics	Play / Wellbeing Curriculum
Year 8	Basic skills and independence through Health Related Fitness	Basic skills and independence through Invasion Games	Basic skills and independence through Trampolining and Gymnastics	Basic skills and independence through Net and Wall Games	Basic skills and independence through Athletics	Play / Wellbeing Curriculum
Year 9	Development of skills through Health Related Fitness	Development of skills and game play through Invasion Games	Development of skills through Trampolining and Gymnastics	Development of skills and game play Net and Wall Games	Development of skills and game play Athletics	Play / Wellbeing Curriculum