



Elms Bank
School & College

Excellence for All

PE

Long Term Plan - Inspire KS3

	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Year 7	Health Related Fitness	Invasion Games	Trampolining and Gymnastics	Net and Wall Games	Athletics	Play / Wellbeing Curriculum
Year 8	Health Related Fitness	Invasion Games	Trampolining and Gymnastics	Net and Wall Games	Athletics	Play / Wellbeing Curriculum
Year 9	Health Related Fitness	Invasion Games	Trampolining and Gymnastics	Net and Wall Games	Athletics	Play / Wellbeing Curriculum