



**Elms** Bank  
School & College

Excellence for All

**PE**

**Long Term Plan - Nurture KS3**

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