

**PE Long Term Plan Semi-Formal and Formal**

Phase	Year A			Year B			Year C
<b>KS1</b>	Balance and linking actions- Climbing  Sending and receiving- ball skills  yoga	Methods of travel- running and jumping  Balance and linking actions-small apparatus  Ring games/ energisers	Chase and dodge  Methods of travel- bikes and wheeled toys  dance	Balance and linking actions- Climbing  Sending and receiving- ball skills  yoga	Methods of travel- running and jumping  Balance and linking actions-small apparatus  Ring games/ energisers	Chase and dodge  Methods of travel- bikes and wheeled toys  dance	
<b>KS2 Semi-formal</b>	Methods of travel-Bikes  Games- Net /wall games  Yoga	Balance and linking Gymnastics  Dodge and chase- Send and receive  Cohesion Games	Balance and linking actions- running, jumping, throwing      Dance	Methods of travel- Bikes  Games- Net /wall games  Yoga	Balance and linking Gymnastics  Dodge and chase- Send and receive  Cohesion Games	Balance and linking actions- running, jumping, throwing    Dance	
	Weekly forest school and half a term of swimming per term						
<b>KS3 Semi-Formal</b>	Half term 1: Invasion Tag rugby	Half term 1: Gymnastics	Half term 1: Multi skills	Half term 1: Invasion Football	Half term 1: Trampolining	Half term 1: Athletics	
	Half term 2: Target games	Half term 2: OAA	Half term 2: Striking and fielding Tee ball	Half term 2: Target games	Half term 2: OAA	Half term 2: Striking/fielding Rounders	

	Boccia/Kurling			Archery					
<b>UKS 2- KS3 Formal</b>	HT1: Rugby	HT1: Trampolining	HT1: Athletics	HT1: Rugby	HT1: Trampolining Rebound/British Gymnastics	HT1: Multi Skills			
	HT2: Goalball	HT2: Fitness activities	HT2: Tennis	HT2: Football	HT2: Dance/Gymnastics	HT2: Rounders/Crick et			
<b>Y9-11 Semi-formal</b>	Tennis Fitness activities	Active choose from: Trampolining (on site) Climbing wall (off site, cost involved) Bowling (off site, cost involved)  swimming  Inactive: Board games	Badminton Cycling OAA leading to a one night over night camp (field or school hall)	Paralympic games: Boccia Kurling Goalball	swimming  climbing wall  bowling	Cycling/Camping	Active choose from: Trampolining (on site) Climbing wall (off site, cost involved) Bowling (off site, cost involved)  swimming  Inactive: Board games	Paralympic games: Boccia Kurling Goalball	Badminton Cycling OAA leading to a one night over night camp (field or school hall)
<b>Y9-11 Formal</b>	Tag rugby/Football	Practical – Badminton/Trampoline	Athletics/Crick et	Invasion games	Badminton/Trampolining	Athletics/Crick et	Tag rugby/Football	Badminton/Trampolining	Athletics/Crick et
	Choices of activities are given to students in week 1 Students will be assessed for Entry level in the sports/activities/roles that suite them best								

PE		
	Semi-formal	Formal
KS1	2 x 60 mins	
LKS2	2 x 60 mins	
UKS2	2 x 60 mins	2 x 60 mins
KS3	2 x 60 mins	2 x 60 mins
Year 9,10,11	2 x 60 mins	2 x 60 mins (Entry Level Assessed)
KS5	KS5 has this incorporated into their 'Health and Wellbeing' options.	
In KS4 (formal) all students work towards an Entry Level Qualification in PE.		