PE Long Term Plan Semi-Formal and Formal

Phase	Year A			Year B			Year C
FS1	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	
FS2 FS3 Semi-formal	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						
HS1 Semi-Formal	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/ Curling			Archery						
HS1 Formal	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/Cricket				
HS2 Semi-formal	Health related fitness	Paralympic games: Goalball Table top cricket	Cycling Multi skills linked to tennis, cricket, rounders	Paralympic games: Boccia Curling	Sensory circuits /Fitness activities	Cycling Agility Balance Coordination activities	Dance	Ball skills/Games	Athletic/multi skill activities
HS2 Formal Entry award	Tag rugby/Football	Practical – Badminton/Trampoline	Athletics/Cricket	Invasion games	Badminton/Trampoling	Athletics/Cricket	Tag rugby/Football	Badminton/Trampoling	Athletics/Cricket
	Entry Level PE Choices of activities to be given to students Students will be assessed for Entry level in the sports/activities/roles that suite them best									

PE		
	Semi-formal	Formal
FS1	2 x 60 mins	
FS2	2 x 60 mins	
FS3	2 x 60 mins	2 x 60 mins
HS1	2 x 60 mins	2 x 60 mins
HS2	2 x 60 mins	2 x 60 mins (Entry Level Assessed)
Strand 6	KS5 has this incorporated into their 'Health and Wellbeing' options.	
In HS2 (formal) all students work towards an Entry Level Qualification in PE.		