

PE Long term plan

Year	Autumn Term	Spring Term	Summer Term
2016/17			
Key stage 3	Gymnastics	OAA including archery	Boxing
Key stage 4	Free running (gymnastics)	Dance	Athletics
Post 16	Teambuilding, football and dance	Games and athletics	Striking and fielding games
Fusion and Flair	Gymnastics / physical development	Dance	Games
2017/18			
Key stage 3	Games (invasion)	Dance	Net and wall games
Key stage 4	OAA	Health and fitness	Games (striking and fielding)
Post 16	Athletics	Yoga	Boxing
Fusion and Flair	Yoga / relaxation	OAA	Athletics