



**Hallmoor Key Stage 4
Physical Education
Long Term Plan**

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Invasion Games (Hockey)	Gymnastics (Shape + Apparatus)	Fitness (Agility)	Ball Skills (Basketball)	Striking and Fielding (Rounders)	Athletics (Sports Day)
Year 2	Invasion Games (Football)	Gymnastics (Rolls and Balance)	Fitness (Circuit training)	Ball Skills (Volleyball)	Striking and Fielding (Cricket)	Athletics (Sports Day)