


Long-Term Plan		Curriculum Strand	My PSED	
Trust	Diverse Academies	Subject	Physical Education	
School	Yeoman Park Academy			

	Core Focus	Application Focus
Autumn 1	Physical Competence	Invasion Games
Autumn 2		Net and Wall
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Spring 1	Healthy Active Lives	Dance and Gymnastics
Spring 2		Outdoor Adventure
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Summer 1	Competition	Athletics
Summer 2		Striking and Fielding

This is an annual long-term plan, whereby every year (A, B, C and D) these topics will be the same, however, the activities and sessions can be adapted in order to be linked to the curriculum theme/topic for the term.

Learners access swimming and hydrotherapy sessions throughout their time at Yeoman Park Academy based on individual needs.

Core Focus refers to the area which is regularly being developed through physical activities which provide learners with an awareness of how to stay fit and healthy.

Application Focus refers to the area which should be used to support and embed the learning taking place within the core focus. These skills will be developed through progressive learning.