

Post 16 PE Long Term Plan

In Post 16 students are given PE options. The philosophy behind this is to provide a learning platform so that students are able to access community facilities in their own time as independently as possible in order to maintain a healthy lifestyle beyond school. If alternative options become available students may choose to do these over those on the LTP.

	Autumn	Spring	Summer
Post 16 Student options Rodillian Broomfield	Offsite Yoga Gym Bikes Football	Offsite Yoga Gym Bikes Tennis	OAA Sailing Kayaking Orienteering Yoga
ASC See also LTP for secondary PE	Offsite Cycling Rebound Swimming	Offsite Cycling Rebound Swimming	OAA Sailing Kayaking Orienteering caving
CMLD	Individual Physiotherapy Plans Individual Rebound plans	Individual Physiotherapy Plans Individual Rebound plans	Individual Physiotherapy Plans Individual Rebound plans