SMITH & NEPHEW PLC Form 6-K August 02, 2010

SECURITIES AND EXCHANGE COMMISSION WASHINGTON, D.C. 20549

Report of Foreign Private Issuer

Pursuant to Rule 13a-16 or 15d-16 of the Securities Exchange Act of 1934

July 30, 2010

Commission File Number 001-14978

SMITH & NEPHEW plc

(Registrant's name)

15 Adam Street London, England WC2N 6LA

(Address of registrant's principal executive offices)

[Indicate by check mark whether the registrant files or will file annual reports under cover Form 20-F or Form 40-F.]

Form 20-F X Form 40-F ---

[Indicate by check mark if the registrant is submitting the Form 6-K in paper as permitted by Regulation S-T Rule 101(b)(1).]

Yes No X

[Indicate by check mark if the registrant is submitting the Form 6-K in paper as permitted by Regulation S-T Rule 101(b)(7).]

Yes No X

[Indicate by check mark whether by furnishing the information contained

in this Form, the registrant is also thereby furnishing information to the Commission pursuant to Rule 12g3-2 (b) under the Securities Exchange Act of 1934.]

Yes No X

If "Yes" is marked, indicate below the file number assigned to the registrant in connection with Rule 12g3-2 (b): 82- n/a.

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned thereunto duly authorized.

Smith & Nephew Plc (Registrant)

Date: July 30, 2010

By: /s/ Susan Henderson

Susan Henderson Company Secretary

BLOCK LISTING SIX MONTHLY RETURN

Information provided on this form must be typed or printed electronically.

To: The FSA

Date: 30 July 2010

Name of applicant: Smith & Nephew plc

Name of scheme: 1985 Executive Share Option

Scheme

Period of return: From: 24 January 2010 To: 23 July 2010

Balance under scheme 6,437

from previous return:

The amount by which N/A

the block scheme has been increased, if the scheme has been increased since the date of the last return: Number of securities 0 issued/allotted under scheme during period:

Balance under scheme 6,437 not yet issued/allotted at

end of period

Number and class of 30,000 Ordinary Shares of US\$ 20 securities originally cents each listed on 13 February

listed and the date of 2007.

admission

Total number of 888,831,474 ordinary shares of US\$

securities in issue at the 20 cents each are in issue. end of the period 63,179,855 ordinary shares of

US\$20 cents each are held in

treasury.

Name of contact: Gemma Parsons

Address of contact: 15 Adam Street, London, WC2N 6LA

Telephone number of contact: 020 7401 7646

SIGNED BY Gemma Parsons, Deputy Company Secretary

for and on behalf of

Smith & Nephew plc

If you knowingly or recklessly give false or misleading information you may be liable to prosecution.

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To: The FSA

Date: 30 July 2010

Name of applicant: Smith & Nephew plc

Name of scheme: 1990 International Executive Share

Option Scheme

Period of return: From: 24 January 2010 To: 23 July 2010

Balance under scheme 547,862

from previous return:

The amount by which N/A

the block scheme has been increased, if the scheme has been increased since the date of the last return:

Number of securities 64,151

issued/allotted under scheme during period:

Balance under scheme 483,711

not yet issued/allotted at

end of period

Number and class of securities originally 1,850,000 ordinary shares of US\$ 20 cents each on 23 January 2006.

listed and the date of

admission

Total number of 888,831,474 ordinary shares of US\$

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BLOCK LISTING SIX MONTHLY RETURN

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To: The FSA

Date: 30 July 2010

Name of applicant: Smith & Nephew plc

Name of scheme: 2001 UK Approved Share Option

Scheme

Period of return: From: 24 January 2010 To: 23 July 2010

Balance under scheme 83,675

from previous return:

The amount by which 1,000,000

the block scheme has been increased, if the scheme has been increased since the date of the last return:

Number of securities 96,000

issued/allotted under scheme during period:

Balance under scheme 987,675

not yet issued/allotted at

end of period

Number and class of securities originally listed and the date of admission 500,000 ordinary shares of US\$ 20 cents each listed on 23 January 2006. 1,000,000 ordinary shares of US\$ 20 cents each listed on 10

February 2010.

Total number of 888,831,474 ordinary shares of US\$

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To: The FSA

Date: 30 July 2010

Name of applicant: Smith & Nephew plc

Name of scheme: 2001 UK Unapproved Share Option

Scheme

Period of return: From: 24 January 2010 To: 23 July 2010

Balance under scheme 192,809

from previous return:

The amount by which 2,000,000

the block scheme has been increased, if the scheme has been increased since the date of the last return:

Number of securities 364,300

issued/allotted under scheme during period:

Balance under scheme 1,828,509

not yet issued/allotted at

end of period

Number and class of securities originally listed and the date of admission 1,000,000 ordinary shares of US\$
20 cents each listed on 13 February
2007. 500,000 ordinary shares of
US\$ 20 cents listed on 2 August

2007. 2,000,000 ordinary shares of US\$ 20 cents each listed on 10

February 2010.

Total number of 888,831,474 ordinary shares of US\$

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To: The FSA

Date: 30 July 2010

Name of applicant: Smith & Nephew plc Name of scheme: 2001 US Share Plan

Period of return: From: 24 January 2010 To: 23 July 2010

Balance under scheme 896,665

from previous return:

The amount by which 2,000,000

the block scheme has been increased, if the scheme has been increased since the date of the last return:

Number of securities 432,906

issued/allotted under scheme during period:

Balance under scheme 2,463,759

not yet issued/allotted at

end of period

Number and class of securities originally listed and the date of admission 1,500,000 ordinary shares of US\$
20 cents each listed on 13 February
2007. 1,000,000 ordinary shares of
US\$ 20 cents each listed on 2
August 2007. 2,000,000 ordinary

shares of US\$ 20 cents each listed on 10 September 2008. 2,000,000 ordinary shares of US\$ 20 cents each listed on 10 February 2010.

Total number of 888,831,474 ordinary shares of US\$

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To: The FSA

Date: 30 July 2010

Name of applicant: Smith & Nephew plc

Name of scheme: International Employees Share

Option Scheme

Period of return: From: 24 January 2010 To: 23 July 2010

Balance under scheme 963,159

from previous return:

The amount by which N/A

the block scheme has been increased, if the scheme has been increased since the

date of the last return:

Number of securities 33,281

issued/allotted under scheme during period:

Balance under scheme 929,878

not yet issued/allotted at

end of period

Number and class of securities originally listed and the date of admission

1,000,000 ordinary shares of US\$
20 cents each listed on 23 January
2006. 1,000,000 ordinary shares of US\$
20 cents each listed on 10

September 2008.

Total number of 888,831,474 ordinary shares of US\$

securities in issue at the 20 cents each are in issue. end of the period 63,179,855 ordinary shares of

US\$20 cents each are held in

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To: The FSA

Date: 30 July 2010

Name of applicant: Smith & Nephew plc

Name of scheme: UK Employee Share Option

Scheme

Period of return: From: 24 January 2010 To: 23 July 2010

Balance under scheme 777,161

from previous return:

The amount by which N/A

the block scheme has

been increased, if the scheme has been increased since the date of the last return:

Number of securities 81,678

issued/allotted under scheme during period:

Balance under scheme 695,483

not yet issued/allotted at

end of period

Number and class of securities originally listed and the date of admission

1,500,000 ordinary shares of US\$
20 cents each listed on 23 January
2006. 1,500,000 ordinary shares of US\$
20 cents each listed on 10

September 2008.

Total number of 888,831,474 ordinary shares of US\$

securities in issue at the 20 cents each are in issue. end of the period 63,179,855 ordinary shares of

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To: The FSA

Date: 30 July 2010

Name of applicant: Smith & Nephew plc

Name of scheme: 2004 Performance Share Plan

Period of return: From: 24 January 2010 To: 23 July 2010

Balance under scheme 315,145

from previous return:

The amount by which 1,000,000

the block scheme has been increased, if the scheme has been increased since the date of the last return:

Number of securities 77,715

issued/allotted under scheme during period:

Balance under scheme 1,237,430

not yet issued/allotted at

end of period

Number and class of securities originally listed and the date of admission

750,000 ordinary shares of US\$ 20 cents each listed on 13 February 2007. 1,000,000 ordinary shares of US\$ 20 cents each listed on 10

February 2010.

Total number of 888,831,474 ordinary shares of US\$

securities in issue at the 20 cents each are in issue. end of the period 63,179,855 ordinary shares of

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To: The FSA

Date: 30 July 2010

Name of applicant: Smith & Nephew plc

Name of scheme: 2004 Executive Share Option Plan Period of return: From: 24 January 2010 To: 23 July 2010

Balance under scheme 441,516

from previous return:

The amount by which 1,000,000

the block scheme has been increased, if the scheme has been increased since the date of the last return:

Number of securities 37,816

issued/allotted under scheme during period:

Balance under scheme 1,403,700

not yet issued/allotted at

end of period

Number and class of securities originally listed and the date of admission

1,000,000 ordinary shares of US\$
20 cents each listed on 13 February 2007. 1,000,000 ordinary shares of US\$ 20 cents each listed on 10

February 2010.

Total number of 888,831,474 ordinary shares of US\$

securities in issue at the 20 cents each are in issue. end of the period 63,179,855 ordinary shares of

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To: The FSA

Date: 30 July 2010

Name of applicant: Smith & Nephew plc
Name of scheme: 2004 Co-investment Plan

Period of return: From: 24 January 2010 To: 23 July 2010

Balance under scheme 398,330

from previous return:

The amount by which N/A

the block scheme has been increased, if the scheme has been increased since the date of the last return:

Number of securities 115,418

issued/allotted under scheme during period:

Balance under scheme 282,912

not yet issued/allotted at

end of period

Number and class of 750,000 ordinary shares of US\$ 20 securities originally cents each listed on 13 February

listed and the date of 2007

admission

Total number of 888.831.474 ordinary shares of US\$

securities in issue at the 20 cents each are in issue. end of the period 63,179,855 ordinary shares of

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END