

## 7X Curriculum 2022-23

### Half Term 1: September 5th 2022 - October 28th 2022 (8 weeks)

Week	1Mon3	1Thurs3	2Thurs5	1Mon3	1Thurs3	2Thurs5	1Mon3	1Thurs3	2Thurs5	1Mon3	1Thurs3	2Thurs5
Date	05-Sep	08-Sep	15-Sep	19-Sep	22-Sep	29-Sep	03-Oct	06-Oct	13-Oct	17-Oct	20-Oct	27-Oct
Lesson	INSET	1	2	3	4	5	6	7	8	9	10	11
GCSE Link	Half-Term GCSE Link: Warm-Up, Cool Down and Heart Rate											
7X/PE1 DW	Introduction to PE	4G		MUGA		Sportshall		MUGA				
7X/PE2 SAJ		Games for Understanding	Games for Understanding	Games for Understanding	Games for Understanding	Indoor Athletics	Indoor Athletics	Hockey	Hockey	Hockey	Hockey	
7X/PE3 DM		MUGA		Sportshall		4G		Sportshall				
		Games for Understanding	Games for Understanding	Indoor Athletics	Indoor Athletics	Games for Understanding	Games for Understanding	Basketball	Basketball	Basketball	Basketball	
	Sportshall		4G		MUGA		4G					
	Indoor Athletics	Indoor Athletics	Games for Understanding	Games for Understanding	Games for Understanding	Games for Understanding	Rugby	Rugby	Rugby	Rugby		

### Half Term 2: November 7th 2022 - December 23rd 2022 (7 weeks)

Week	1Mon3	1Thurs3	2Thurs5	1Mon3	1Thurs3	2Thurs5	1Mon3	1Thurs3	2Thurs5	1Mon3	1Thurs3
Date	07-Nov	10-Nov	17-Nov	21-Nov	24-Nov	01-Dec	05-Dec	08-Dec	15-Dec	19-Dec	22-Dec
Lesson	12	13	14	15	16	17	18	19	20	21	22
GCSE Link	Half-Term GCSE Link: Muscles										Last Day of Term
7X/PE2 Girls SAJ	MUGA		Sportshall						Fitness Suite		
	Hockey	Hockey	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Health and Fitness	Health and Fitness	
7X/PE1 Boys DW	Sportshall		MUGA						4G		
	Basketball	Basketball	Hockey	Hockey	Hockey	Hockey	Hockey	Hockey	Football	Football	
7X/PE3 (Mixed) DM	4G		4G						Sportshall		
	Rugby	Rugby	Football	Football	Football	Football	Football	Football	Gymnastics	Gymnastics	

### Half Term 3: January 9th 2023 - February 17th 2023 (6 Weeks)

Week	2Thurs5	1Mon3	1Thurs3	2Thurs5	1Mon3	1Thurs3	2Thurs5	1Mon3	1Thurs3
Date	12-Jan	16-Jan	19-Jan	26-Jan	30-Jan	02-Feb	09-Feb	13-Feb	16-Feb
Lesson	23	24	25	26	27	28	29	30	31
GCSE Link	Half-Term GCSE Link: Short Term and Long Term Effects of Exercise								
7X/PE2 Girls SAJ	Fitness Suite				Activities Hall/ Hall				
	Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness	Movement	Movement	Movement	Movement	Movement
7X/PE1 Boys DW	4G				Fitness Suite/ Sportshall				
	Football	Football	Football	Football	Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness
7X/PE3 (Mixed) DM	Sportshall				Sportshall				
	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Basketball	Basketball	Basketball	Basketball	Basketball

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Half Term 4: February 27th 2023 - March 31st 2023 (5 Weeks)							
Week	2Thurs5	1Mon3	1Thurs3	2Thurs5	1Mon3	1Thurs3	2Thurs5
Date	02-Mar	06-Mar	09-Mar	16-Mar	20-Mar	23-Mar	30-Mar
Lesson	32	33	34	35	36	37	38
GCSE Link	Half-Term GCSE Link: Components of Fitness						
7X/PE2 Girls SAJ	Activities Hall/ Hall	4G					
	Movement	Football	Football	Football	Football	Football	Football
7X/PE1 Boys DW	Fitness	Sportshall					
	Health and Fitness	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics
7X/PE3 (Mixed) DM	4G	Fitness Suite					
	Football	Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness

Half Term 5: April 17th 2023 - May 26th 2023 (6 weeks)									
Week	1Mon3	1Thurs3	2Thurs5	1Mon3	1Thurs3	2Thurs5	1Mon3	1Thurs3	2Thurs5
Date	17-Apr	20-Apr	27-Apr	01-May	04-May	11-May	15-May	18-May	25-May
Lesson	39	40	41	42	43	44	45	46	47
GCSE Link	Half-Term GCSE Link: Aerobic and Anaerobic Exercise								
7X/PE2 Girls SAJ	Introduction to Athletics	Athletics Track						MUGA/ Sportshall	
		Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Tennis	Tennis
Athletics Track						4G/ Field			
Athletics		Athletics	Athletics	Athletics	Athletics	Athletics	Striking Games	Striking Games	
Athletics Track						4G/ Field			
Athletics		Athletics	Athletics	Athletics	Athletics	Athletics	Striking Games	Striking Games	

Half Term 6: June 5th 2023 - July 21st 2023 (6 weeks)											
Week	1Mon3	1Thurs3	2Thurs5	1Mon3	1Thurs3	2Thurs5	1Mon3	1Thurs3	2Thurs5	1Mon3	1Thurs3
Date	05-Jun	08-Jun	15-Jun	19-Jun	22-Jun	29-Jun	03-Jul	06-Jul	13-Jul	17-Jul	20-Jul
Lesson	48	49	50	51	52	53	54	55	56	57	58
GCSE Link	Half-Term GCSE Link: Principles of Training										
7X/PE2 Girls SAJ	MUGA/ Sportshall		4G/ Field				4G/ Field				
	Tennis	Tennis	Striking Games	Striking Games	Striking Games	Striking Games	Striking Games	Striking Games	Striking Games	Striking Games	Striking Games
7X/PE1 Boys DW	4G/ Field		MUGA/ Sportshall				4G/ Field				
	Striking Games	Striking Games	Tennis	Tennis	Tennis	Tennis	Striking Games	Striking Games	Striking Games	Striking Games	Striking Games
7X/PE3 (Mixed) DM	4G/ Field		4G/ Field				MUGA/ Sportshall				
	Striking Games	Striking Games	Striking Games	Striking Games	Striking Games	Striking Games	Tennis	Tennis	Tennis	Tennis	

Last  
Thursday  
of term.