

7Y Curriculum 2022-23

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

Week	2Weds4	2Thurs1	2Fri2	2Weds4	2Thurs1	2Fri2	2Weds4	2Thurs1	2Fri2	2Weds4	2Thurs1	2Fri2
Date	14-Sep	15-Sep	16-Sep	28-Sep	29-Sep	30-Sep	12-Oct	13-Oct	14-Oct	26-Oct	27-Oct	28-Oct
Lesson	1	2	3	4	5	6	7	8	9	10	11	12
GCSE Link	Half-Term GCSE Link: Warm-Up, Cool Down and Heart Rate											
7Y/PE1 SAJ	Introduction to PE	4G		MUGA		Sportshall		Activities Hall/ Hall				
		Games for Understanding	Games for Understanding	Games for Understanding	Games for Understanding	Indoor Athletics	Indoor Athletics	Movement	Movement	Movement	Movement	Movement
7Y/PE3 MH		MUGA		Sportshall		4G		Sportshall				
		Games for Understanding	Games for Understanding	Indoor Athletics	Indoor Athletics	Games for Understanding	Games for Understanding	Basketball	Basketball	Basketball	Basketball	Basketball
7Y/PE2 DM		Sportshall		4G		MUGA		4G				
		Indoor Athletics	Indoor Athletics	Games for Understanding	Games for Understanding	Games for Understanding	Games for Understanding	Rugby	Rugby	Rugby	Rugby	Rugby

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

Week	2Weds4	2Thurs1	2Fri2	2Weds4	2Thurs1	2Fri2	2Weds4	2Thurs1	2Fri2
Date	16-Nov	17-Nov	18-Nov	30-Nov	01-Dec	02-Dec	14-Dec	15-Dec	16-Dec
Lesson	13	14	15	16	17	18	19	20	21
GCSE Link	Half-Term GCSE Link: Muscles								
7Y/PE1 Girls SAJ	Activities Hall/ Hall	Sportshall				Sportshall			
	Movement	Netball/ Basketball	Netball/ Basketball	Netball/ Basketball	Netball/ Basketball	Netball/ Basketball	Gymnastics	Gymnastics	Gymnastics
7Y/PE3 Boys DM	Sportshall	4G				MUGA			
	Basketball	Rugby	Rugby	Rugby	Rugby	Rugby	Hockey	Hockey	Hockey
7Y/PE2 (Mixed) MH	4G	MUGA				4G			
	Rugby	Hockey	Hockey	Hockey	Hockey	Hockey	Football	Football	Football

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

Week	2Weds4	2Thurs1	2Fri2	2Weds4	2Thurs1	2Fri2	2Weds4	2Thurs1	2Fri2
Date	11-Jan	12-Jan	13-Jan	25-Jan	26-Jan	27-Jan	08-Feb	09-Feb	10-Feb
Lesson	22	23	24	25	26	27	28	29	30
GCSE Link	Half-Term GCSE Link: Short Term and Long Term Effects of Exercise								
7Y/PE1 Girls SAJ	Sportshall		Fitness Suite				MUGA		
	Gymnastics	Gymnastics	Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness	Hockey	Hockey
7Y/PE3 Boys DM	MUGA		4G				Fitness Suite		
	Hockey	Hockey	Football	Football	Football	Football	Football	Health and Fitness	Health and Fitness
7Y/PE2 (Mixed) MH	4G		Sportshall				Sportshall		
	Football	Football	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Basketball	Basketball

Half Term 4: February 27th 2023 - March 31st 2023 (5 Weeks)

Week	2Weds4	2Thurs1	2Fri2	2Weds4	2Thurs1	2Fri2	2Weds4	2Thurs1	2Fri2
Date	01-Mar	02-Mar	03-Mar	15-Mar	16-Mar	17-Mar	29-Mar	30-Mar	31-Mar
Lesson	31	32	33	34	35	36	37	38	39
GCSE Link	Half-Term GCSE Link: Components of Fitness								
7Y/PE1 Girls SAJ	MUGA		4G						Introduction to Athletics
	Hockey	Hockey	Hockey	Football	Football	Football	Football	Football	
7Y/PE3 Boys DM	Fitness	Fitness	Fitness	Sportshall					
	Health and Fitness	Health and Fitness	Health and Fitness	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	
7Y/PE2 (Mixed) MH	Sportshall		Fitness Suite						
	Basketball	Basketball	Basketball	Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness	

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Half Term 5: April 17th 2023 - May 26th 2023 (6 weeks)

Week	2Weds4	2Thurs1	2Fri2	2Weds4	2Thurs1	2Fri2	2Weds4	2Thurs1	2Fri2
Date	26-Apr	27-Apr	28-Apr	10-May	11-May	12-May	24-May	25-May	26-May
Lesson	40	41	42	43	44	45	46	47	48
GCSE Link	Half-Term GCSE Link: Aerobic and Anaerobic Exercise								
7Y/PE1 Girls SAJ	Athletics Track						MUGA/ Sportshall		
	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Tennis	Tennis	Tennis
7Y/PE3 Boys DM	Athletics Track						4G/ Field		
	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Striking Games	Striking Games	Striking Games
7Y/PE2 (Mixed) MH	Athletics Track						4G/ Field		
	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Striking Games	Striking Games	Striking Games

Half Term 6: June 5th 2023 - July 21st 2023 (6 weeks)

Week	2Weds4	2Thurs1	2Fri2	2Weds4	2Thurs1	2Fri2	2Weds4	2Thurs1	2Fri2
Date	14-Jun	15-Jun	16-Jun	28-Jun	29-Jun	30-Jun	12-Jul	13-Jul	14-Jul
Lesson	49	50	51	52	53	54	55	56	57
GCSE Link	Half-Term GCSE Link: Principles of Training								
7Y/PE1 Girls SAJ	MUGA/	4G/ Field				4G/ Field			
	Tennis	Striking Games	Striking Games	Striking Games	Striking Games	Striking Games	Striking Games	Striking Games	Striking Games
7Y/PE3 Boys DM	4G/ Field	MUGA/ Sportshall				4G/ Field			
	Striking Games	Tennis	Tennis	Tennis	Tennis	Striking Games	Striking Games	Striking Games	Striking Games
7Y/PE2 (Mixed) MH	4G/ Field	4G/ Field				MUGA/ Sportshall			
	Striking Games	Striking Games	Striking Games	Striking Games	Striking Games	Tennis	Tennis	Tennis	Tennis