

## 8X Curriculum 2022-23

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

Week	1Mon1	1Weds3	2Mon2	1Mon1	1Weds3	2Mon2	1Mon1	1Weds3	2Mon2	1Mon1	1Weds3	2Mon2
Date	05-Sep	07-Sep	12-Sep	19-Sep	21-Sep	26-Sep	03-Oct	05-Oct	10-Oct	17-Oct	19-Oct	24-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											
8X/PE3 Girls SAJ	Introduction to PE	4G		MUGA		Sportshall		MUGA				
		Games for Understanding	Games for Understanding	Games for Understanding	Games for Understanding	Indoor Athletics	Indoor Athletics	Hockey	Hockey	Hockey	Hockey	
8X/PE1 Boys 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	
8X/PE2 (Mixed) DW	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	1Mon1	1Weds3	2Mon2	1Mon1	1Weds3	2Mon2	1Mon1	1Weds3	2Mon2	1Mon1	1Weds3
Date	07-Nov	09-Nov	14-Nov	21-Nov	23-Nov	28-Nov	05-Dec	07-Dec	12-Dec	19-Dec	21-Dec
Lesson	12	13	14	15	16	17	18	19	20	21	22
GCSE Link	Half-Term GCSE Link: Muscles										
8X/PE3 Girls SAJ	MUGA	Sportshall					Sportshall				
	Hockey	Netball/Basketball	Netball/Basketball	Netball/Basketball	Netball/Basketball	Netball/Basketball	Gymnastics	Gymnastics	Gymnastics	Gymnastics	
8X/PE1 Boys MH	Sportshall	4G					MUGA				
	Basketball	Rugby	Rugby	Rugby	Rugby	Rugby	Hockey	Hockey	Hockey	Hockey	
8X/PE2 (Mixed) DW	4G	MUGA					4G				
	Rugby	Hockey	Hockey	Hockey	Hockey	Hockey	Football	Football	Football	Football	

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

Week	2Mon2	1Mon1	1Weds3	2Mon2	1Mon1	1Weds3	2Mon2	1Mon1	1Weds3
Date	09-Jan	16-Jan	18-Jan	23-Jan	30-Jan	01-Feb	06-Feb	13-Feb	15-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								
8X/PE3 Girls SAJ	Sportshall	Fitness Suite					Activities Hall/ Hall		
	Gymnastics	Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness	Movement	Movement	Movement
8X/PE1 Boys MH	MUGA	4G					Fitness Suite		
	Hockey	Football	Football	Football	Football	Football	Health and Fitness	Health and Fitness	Health and Fitness
8X/PE2 (Mixed) DW	4G	Sportshall					Sportshall		
	Football	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Basketball	Basketball	Basketball

### Weeks)

Week	2Mon2	1Mon1	1Weds3	2Mon2	1Mon1	1Weds3	2Mon2
Date	27-Feb	06-Mar	08-Mar	13-Mar	20-Mar	22-Mar	27-Mar
Lesson	32	33	34	35	36	37	38
GCSE Link	Half-Term GCSE Link: Components of Fitness						
8X/PE3 Girls SAJ	Activities Hall/ Hall		4G				
	Movement	Movement	Football	Football	Football	Football	Football
8X/PE1 Boys MH	Fitness Suite		Sportshall				
	Health and Fitness	Health and Fitness	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics
8X/PE2 (Mixed) DW	Sportshall		Fitness Suite				
	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	1Mon1	1Weds3	2Mon2	1Mon1	1Weds3	2Mon2	1Mon1	1Weds3	2Mon2
Date	17-Apr	19-Apr	24-Apr	01-May	03-May	08-May	15-May	17-May	22-May
Lesson	39	40	41	42	43	44	45	46	47
Half-Term GCSE Link: Aerobic and Anaerobic Exercise									
8X/PE3 Girls SAJ	Introduction to Athletics	Athletics Track							MUGA/
		Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Tennis
Athletics Track							4G/ Field		
Athletics		Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Striking Games	
Athletics Track							4G/ Field		
Athletics		Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Striking Games	

Half Term 6: June 5th 2023 - July 21st 2023 (6 weeks)											
Week	1Mon1	1Weds3	2Mon2	1Mon1	1Weds3	2Mon2	1Mon1	1Weds3	2Mon2	1Mon1	1Weds3
Date	05-Jun	07-Jun	12-Jun	19-Jun	21-Jun	26-Jun	03-Jul	05-Jul	10-Jul	17-Jul	19-Jul
Lesson	48	49	50	51	52	53	54	55	56	57	58
Half-Term GCSE Link: Principles of Training											
8X/PE3 Girls SAJ	MUGA/ Sportshall			4G/ Field				4G/ Field			
	Tennis	Tennis	Tennis	Striking Games	Striking Games	Striking Games	Striking Games	Striking Games	Striking Games	Striking Games	Striking Games
8X/PE1 Boys MH	4G/ Field			MUGA/ Sportshall				4G/ Field			
	Striking Games	Striking Games	Striking Games	Tennis	Tennis	Tennis	Tennis	Striking Games	Striking Games	Striking Games	Striking Games
8X/PE2 (Mixed) DW	4G/ Field			4G/ Field				MUGA/ Sportshall			
	Striking Games	Striking Games	Striking Games	Striking Games	Striking Games	Striking Games	Striking Games	Tennis	Tennis	Tennis	Tennis