## **8X Curriculum 2022-23**

						<b></b>						
			Half T	erm 1: Se	eptembe	r 5th 202	2 - Octob	er 28th	2022 (8 v	veeks)		
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 I	ink: Warm-L	Jp, Cool Dow	n and Heart	Rate			
8X/PE3 Girls			4	G	MUGA			portshall		MUGA		
SAJ		Ä	Games for	Games for	Games for	Games for	Indoor Athletics	Indoor Athletics	Hockey	Hockey	Hockey	Hockey
3/-S		Introduction to PE	Understanding	Understanding	Understanding	Understanding			Посксу	Посксу	Посксу	Посксу
8X/PE1 Boys		on t	MU	JGA	Spor	tshall	4	G		Spor	tshall	
MH		Ē	Games for	Games for	Indoor Athletics	Indoor Athletics	Games for	Games for	Basketball	Basketball	Basketball	Basketball
10111		npc	Understanding	Understanding	mador 7 time tres	massi rameaes	Understanding	Understanding	Dasketball	Dasketball	Dasketball	Dasketball
8X/PE2		Ħ,	Spor	tshall	4	G	MU	IGA		4	G	
(Mixed) DW		<u> </u>	Indoor Athletics	Indoor Athletics	Games for	Games for	Games for	Games for	Bughy	Bughy	Bughy	Bughy
(Wilkea) DVV			muoor Atmetics	muoor Atmetics	Understanding	Understanding	Understanding	Understanding	Rugby	Rugby	Rugby	Rugby
												-
	Half Term 2: November 7th 2022 - December 23rd 2022 (7 weeks)											
Mook	1Mon1	1Weds3	2Mon2	1Mon1	1Weds3	2Mon2	1Mon1	1Weds3	2Mon2	1Mon1	1Weds3	
Week	07-Nov	09-Nov	14-Nov	21-Nov	23-Nov	28-Nov	05-Dec	07-Dec	12-Dec		21-Dec	
Date Lesson	12	13	14-1404	15	16	17	18	19	20	19-Dec 21	21-Dec	
Lessuii	14	13	14		alf-Term GCS			13				
	MUGA			Sportshall	in reim des	E EITIK. IVIGSE		Spor	tshall			
8X/PE3 Girls	IVIOUA	Netball/	Netball/	Netball/	Netball/	Netball/		эрог	esnan			
SAJ	Hockey	Basketball	Basketball	Basketball	Basketball	Basketball	Gymnastics	Gymnastics	Gymnastics	Gymnastics		
	Sportshall	Dasketball	Dasketball	4G	Dasketball	Dasketball		MI	JGA			
8X/PE1 Boys	Sportsnan							IVIC	l			
MH	Basketball	Rugby	Rugby	Rugby	Rugby	Rugby	Hockey	Hockey	Hockey	Hockey		
	4G			MUGA				Δ	G			
8X/PE2	40			WIOGA								
(Mixed) DW	Rugby	Hockey	Hockey	Hockey	Hockey	Hockey	Football	Football	Football	Football		
		Half Term	า 3: Janua	arv 9th 2	023 - Feb	ruarv 17	th 2023 (	6 Weeks	:)			
Week	2Mon2	1Mon1	1Weds3	2Mon2	1Mon1	1Weds3	2Mon2	1Mon1	1Weds3	l I		
Date	09-Jan	16-Jan	18-Jan	23-Jan	30-Jan	01-Feb	06-Feb	13-Feb	15-Feb	t		
Lesson	23	24	25	26	27	28	29	30	31	Ť		
			alf-Term GCS			ong Term Effe	ects of Exerci					
	Sportshall			Fitness Suite		<u> </u>		ivities Hall/	Hall	İ		
8X/PE3 Girls		Health and	Health and	Health and	Health and	Health and		·		İ		
SAJ	Gymnastics	Fitness	Fitness	Fitness	Fitness	Fitness	Movement	Movement	Movement			
	DALICA	Titiless	Titliess	4G	Titiless	Titiless		Fitness Suite				
8X/PE1 Boys	MUGA			40						•		
МН	Hockey	Football	Football	Football	Football	Football		Health and				
	-						Fitness	Fitness	Fitness			
8X/PE2	4G			Sportshall				Sportshall		ļ		
(Mixed) DW	Football	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Basketball	Basketball	Basketball			
(Wilkea) DW	FOOTBall	Gymnastics	dyiiiiastics	Gyiiiiastics	Gyiiiiastics	Gymnastics	Dasketball	Dasketball	Dasketball			
	•									_		
				Weeks)								
Mode	2Mon2	1Mon1	1Weds3	2Mon2	1Mon1	1Weds3	2Mon2					
Week												
Date	27-Feb	06-Mar	08-Mar	13-Mar 35	20-Mar	22-Mar	27-Mar					
Lesson	32	33	f Torm GCSE		36	37	38					
	Activition		i-Term GCSE	Link: Compo		iess						
8X/PE3 Girls	Activities	Hall/ Hall			4G							
SAJ	Movement	Movement	Football	Football	Football	Football	Football					
	Fitnes	s Suite			Sportshall							
8X/PE1 Boys	Health and	Health and										
МН	Fitness	Fitness	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics					
8X/PE2	Spor	tshall			Fitness Suite							
	Packethell	Packethall	Health and	Health and	Health and	Health and	Health and					
(Mixed) DW	Basketball	Basketball	Eitnocc	Eitnocc	Eitnocc	Eitnocc	Eitnocc					

Fitness

Fitness

Fitness

Fitness

Fitness

## **8X Curriculum 2022-23**

	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	Introduction to Athletics	Athletics Track									
SAJ		Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Tennis		
OV/DE4 Bassa		Athletics Track									
8X/PE1 Boys MH		Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Striking		
		rtemetres							Games		
8X/PE2 (Mixed) DW		Athletics Track									
		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 T	Tennis	Tennis	Striking	Striking	Striking	Striking	Striking	Striking	Striking	Striking	
				Games	Games	Games	Games	Games	Games	Games	Games	
8X/PE1 Boys	4G/ Field			MUGA/ Sportshall				4G/ Field				
MH	Striking	Striking	Striking	T:-	ennis Tennis	Tennis	Tennis	Striking	Striking	Striking	Striking	
	Games	Games	Games	rennis				Games	Games	Games	Games	
8X/PE2 (Mixed) DW	4G/ Field			4G/ Field				MUGA/ Sportshall				
	Striking	Striking	Striking	Striking	Striking	Striking	Striking	Tennis	Tennis	Tennis	Tennis	
	Games	Games	Games	Games	Games	Games	Games	reims	TEITHS	rennis	Tennis	