## 8Y Curriculum 2022-23

	Half Term 1: September 5th 2022 - October 28th 2022 (8 weeks)											
Week	1Weds2	2Tues1	2Weds1	1Weds2	2Tues1	2Weds1	1Weds2	2Tues1	2Weds1	1Weds2	2Tues1	2Weds1
Date	07-Sep	13-Sep	14-Sep	21-Sep	27-Sep	28-Sep	05-Oct	11-Oct	12-Oct	19-Oct	25-Oct	26-Oct
Lesson		1	2	3	4	5	6	7	8	9	10	11
GCSE Link	Half-Term GCSE Link: Warm-Up, Cool Down and Heart Rate											
8Y/PE3 Girls			4	G	MUGA		Sportshall		MUGA			
SAJ	esson	to PE	Games for Understanding	Games for Understanding	Games for Understanding	Games for Understanding	Indoor Athletics	Indoor Athletics	Hockey	Hockey	Hockey	Hockey
0V/DE1 David	No Le	-	MU	IGA	Sportshall 4G			G	Sportshall			
8Y/PE1 Boys MH	ne - I	duction	Games for Understanding	Games for Understanding	Indoor Athletics	Indoor Athletics	Games for Understanding	Games for Understanding	Basketball	Basketball	Basketball	Basketball
8Y/PE2	Õ Ž	itro	Sportshall		4G		MUGA		4G			
(Mixed) DM	Day	-	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	1Weds2	2Tues1	2Weds1	1Weds2	2Tues1	2Weds1	1Weds2	2Tues1	2Weds1	1Weds2		
Date	09-Nov	15-Nov	16-Nov	23-Nov	29-Nov	30-Nov	07-Dec	13-Dec	14-Dec	21-Dec		
Lesson	12	13	14	15	16	17	18	19	20	21		
GCSE Link		Half-Term GCSE Link: Muscles										
8Y/PE3 Girls	MUGA			Sportshall		Sportshall						
SAJ	Hockey	Netball/ Basketball	Netball/ Basketball	Netball/ Basketball	Netball/ Basketball	Netball/ Basketball	Gymnastics	Gymnastics	Gymnastics	Gymnastics		
8Y/PE1 Boys	Sportshall			4G			MUGA					
MH	Basketball	Rugby	Rugby	Rugby	Rugby	Rugby	Hockey	Hockey	Hockey	Hockey		
8Y/PE2	4G			MUGA			4G					
(Mixed) DM	Rugby	Hockey	Hockey	Hockey	Hockey	Hockey	Football	Football	Football	Football		

	Half Term 3: January 9th 2023 - February 17th 2023 (6 Weeks)										
Week	2Tues1	2Weds1	1Weds2	2Tues1	2Weds1	1Weds2	2Tues1	2Weds1	1Weds2		
Date	10-Jan	11-Jan	18-Jan	24-Jan	25-Jan	01-Feb	07-Feb	08-Feb	15-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										
8Y/PE3 Girls SAJ	Sportshall			<b>Fitness Suite</b>		Activities Hall/ Hall					
	Gymnastics	Health and Fitness	Movement	Movement	Movement						
	MUGA			4G		Fitness Suite					
8Y/PE1 Boys MH	Hockey	Football	Football	Football	Football	Football	Health and	Health and	Health and		
IVITI	поскеу	FUULDAII	rootball	FUUIDAII	rootball	rootball	Fitness	Fitness	Fitness		
01/050	4G		•	Sportshall	•	•	Sportshall				
8Y/PE2 (Mixed) DM	Football	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Basketball	Basketball	Basketball		

	Half	Half Term 4: February 27th 2023 - March 31st 2023 (5 Weeks)									
Week	2Tues1	2Weds1	1Weds2	2Tues1	2Weds1	1Weds2	2Tues1	2Weds1			
Date	28-Feb	01-Mar	08-Mar	14-Mar	15-Mar	22-Mar	28-Mar	29-Mar			
Lesson	32	33	34	35	36	37	38	39			
GCSE Link	Half-Term GCSE Link: Components of Fitness										
	Activities	Hall/ Hall	4G								
8Y/PE3 Girls SAJ	Movement	Movement	Football	Football	Football	Football	Football	Football			
	Fitnes	s Suite	Sportshall								
8Y/PE1 Boys MH	Health and Fitness	Health and Fitness	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics			
01/052	Sport	tshall	Fitness Suite								
8Y/PE2 (Mixed) DM	Basketball	Basketball	Health and Fitness								

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	Half Term 5: April 17th 2023 - May 26th 2023 (6 weeks)															
Week	1Weds2	2Tues1	2Weds1	1Weds2	2Tues1	2Weds1	1Weds2	2Tues1	2Weds1							
Date	19-Apr	25-Apr	26-Apr	03-May	09-May	10-May	17-May	23-May	24-May							
Lesson	40	41	42	43	44	45	46	47	48							
GCSE Link		Half-Term GCSE Link: Aerobic and Anaerobic Exercise														
8Y/PE3 Girls	S		MUGA/ Sportshall													
SAJ	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Tennis	Tennis							
OV/DE1 Dove	-		4G/ Field													
8Y/PE1 Boys MH									Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Striking	Striking
IVITI		Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Games	Games							
8Y/PE2			4G/ Field													
(Mixed) DM	Itre	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Striking	Striking							
(IVIIXed) DIVI	2							Games	Games							

	Half Term 6: June 5th 2023 - July 21st 2023 (6 weeks)										
Week	1Weds2	2Tues1	2Weds1	1Weds2	2Tues1	2Weds1	1Weds2	2Tues1	2Weds1	1Weds2	
Date	07-Jun	13-Jun	14-Jun	21-Jun	27-Jun	28-Jun	05-Jul	11-Jul	12-Jul	19-Jul	
Lesson	49	50	51	52	53	54	55	56	57	58	
GCSE Link		Half-Term GCSE Link: Principles of Training									
	MUGA/ Sportshall			4G/	Field		4G/ Field				
8Y/PE3 Girls	Tomaio	Townia	Striking	Striking	Striking	Striking	Striking	Striking	Striking	Striking	
SAJ	Tennis	Tennis	Games	Games	Games	Games	Games	Games	Games	Games	
8Y/PE1 Boys	4G/	Field		MUGA/ S	portshall		4G/ Field				
MH	Striking	Striking	Tennis			Tennis	Striking	Striking	Striking	Striking	
	Games	Games	Tennis	Tennis	Tennis		Games	Games	Games	Games	
8Y/PE2	4G/ Field			4G/	Field		MUGA/ Sportshall				
	Striking	Striking	Striking	Striking	Striking	Striking	Tomio	Tanuia	Tanaia	Tanaia	
(Mixed) DM	Games	Games	Games	Games	Games	Games	Tennis	Tennis	Tennis	Tennis	