<u>9X Curriculum 2022-23</u>

			Half T	erm 1: Se	eptembe	r 5th 202	2 - Octob	per 28th :	2022 (8 v	veeks)					
Week	1Tues5	2Mon4	2Thurs4	1Tues5	2Mon4	2Thurs4	1Tues5	2Mon4	2Thurs4	1Tues5	2Mon4	2Thurs4			
Date	06-Sep	12-Sep	15-Sep	20-Sep	26-Sep	29-Sep	04-Oct	10-Oct	13-Oct	18-Oct	24-Oct	27-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														
	Activities Hall/ H									Fitness Suite					
9X/PE4 Girls1 SAJ			Movement			Movement	Movement			Health and					
		ш			Fitness Suite			Fitness	Fitness	Fitness ivities Hall/ I	Fitness	Fitness			
9X/PE2	оР		Health and Health and Health and				Health and		Au						
Girls2 DM		an t		, T	r T						Movement	Movement	Movement	Movement	Movement
		cti	Fitness	Fitness	Fitness MUGA	Fitness	Fitness			Sportshall					
9X/PE3 Boys1 MH		Introduction to PE	Hockey	Hockey	Hockey	Hockey	Hockey	Basketball	Basketball	Basketball	Basketball	Basketball			
-		2			-	· ·	,								
9X/PE1					Sportshall					MUGA					
Boys2 DW			Basketball	Basketball	Basketball	Basketball	Basketball	Hockey	Hockey	Hockey	Hockey	Hockey			
		Half Te	rm 2: No	vember	7th 2022	- Decem	ber 23rd	2022 (7	weeks)						
Week	1Tues5	2Mon4	2Thurs4	1Tues5	2Mon4	2Thurs4	1Tues5	2Mon4	2Thurs4	1Tues5					
Date	08-Nov	14-Nov	17-Nov	22-Nov	28-Nov	01-Dec	06-Dec	12-Dec	15-Dec	20-Dec					
Lesson	12	13	14	15	16	17	18	19	20	21					
GCSE Link			, <u> </u>			E Link: Musc		<u> </u>	<u> </u>	, <u> </u>					
			Sportshall					MUGA							
9X/PE4 Girls1 SAJ	Netball	Netball	Netball	Netball	Netball	Hockey	Hockey	Hockey	Hockey	Hockey					
			MUGA					Sportshall							
9X/PE2 Girls2 DM	Hockey	Hockey	Hockey	Hockey	Hockey	Netball	Netball	Netball	Netball	Netball					
GINGE DIVI	Поскеу	HOCKEY	HOCKEY	Поскеу	Поскеу	Netball	Netball	Netball	Netball	Netball					
9X/PE3	4G Fitness Suite														
Boys1 MH	Football	Football	Football	Football	Football	Health and Fitness									
01/054			Fitness Suite				•	4G	•						
9X/PE1	Health and	Health and	Health and	Health and	Health and										
Boys2 DW	Fitness	Fitness	Fitness	Fitness	Fitness	Football	Football	Football	Football	Football					
	H	Half Term	n 3: Janua	ary 9th 2	023 - Feb	oruary 17	th 2023 (6 Weeks)	ľ	L				
Week	2Mon4	2Thurs4	1Tues5	2Mon4	2Thurs4	1Tues5	2Mon4	2Thurs4	1Tues5	ł					
Date	09-Jan	12-Jan	17-Jan	23-Jan	26-Jan	31-Jan	06-Feb	09-Feb	14-Feb	t					
Lesson	22	23	24	25 5411	26	27	28	29	30	t					
GCSE Link						ong Term Effe									
			4G					s Suite		İ					
9X/PE4	F					Health and	Health and		Health and						
Girls1 SAJ	Football	Football	Football	Football	Football	Fitness	Fitness	Fitness	Fitness						
01/050			4G				Activities	Hall/ Hall							
9X/PE2 Girls2 DM	Football	Football	Football	Football	Football	Movement	Movement	Movement	Movement						
		Sportshall 4G 4G													
9X/PE3 Boys1 MH	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Football	Football	Rugby	Rugby						
			Fitness Suite				Spor	tshall							
9X/PE1	Health and	Health and	Health and		Health and										
Boys2 DW	Fitness	Fitness	Fitness	Fitness	Fitness	Gymnastics	Gymnastics	Gymnastics	Gymnastics						

<u>9X Curriculum 2022-23</u>

	Half Term 4: February 27th 2023 - March 31st 2023 (5 Weeks)									
Week	2Mon4	2Thurs4	1Tues5	2Mon4	2Thurs4	1Tues5	2Mon4	2Thurs4		
Date	27-Feb	02-Mar	07-Mar	13-Mar	16-Mar	21-Mar	27-Mar	30-Mar		
Lesson	31	32	33	34	35	36	37	38		
GCSE Link	Half-Term GCSE Link: Components of Fitness									
07/054		Sport	tshall		Activities Hall/ Hall					
9X/PE4 Girls1 SAJ	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Movement	Movement	Movement	Movement		
		Fitnes	s Suite		Sportshall					
9X/PE2 Girls2 DM	Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness	Gymnastics	Gymnastics	Gymnastics	Gymnastics		
ay/252		4	G		Fitness Suite					
9X/PE3 Boys1 MH	Rugby	Rugby	Rugby	Rugby	Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness		
01/054	4	G			4G					
9X/PE1 Boys2 DW	Football	Football	Rugby	Rugby	Rugby	Rugby	Rugby	Rugby		

	Half Term 5: April 17th 2023 - May 26th 2023 (6 weeks)									
Week	1Tues5	2Mon4	2Thurs4	1Tues5	2Mon4	2Thurs4	1Tues5	2Mon4	2Thurs4	
Date	18-Apr	24-Apr	27-Apr	02-May	08-May	11-May	16-May	22-May	25-May	
Lesson	40	41	42	43	44	45	46	47	48	
GCSE Link	Half-Term GCSE Link: Aerobic and Anaerobic Exercise									
9X/PE4				Athleti	4G/ Field		Field			
Girls1 SAJ		Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Striking	Striking	
GIRIST SAJ	Introduction to Athletics							Games	Games	
9X/PE2			MUGA/ S	portshall		4G/ Field				
-		Tennis	Tennis	Tennis	Tennis	Striking	Striking	Striking	Striking	
Girls2 DM						Games	Games	Games	Games	
9X/PE3	ion	Athletics Track							Field	
	nct			Address Address		Athletics		Striking	Striking	
Boys1 MH	po	Athletics Athletics A		Athletics	Athletics Athletics		Athletics	Games	Games	
	<u>l</u>		4G Pito	h/Field		MUGA/ Sportshall				
9X/PE1		Striking	Striking	Striking Striking		Tomio	Tomio			
Boys2 DW		Games	Games	Games	Games	Tennis	Tennis	Tennis	Tennis	

	Half Term 6: June 5th 2023 - July 21st 2023 (6 weeks)										
Week	1Tues5	2Mon4	2Thurs4	1Tues5	2Mon4	2Thurs4	1Tues5	2Mon4	2Thurs4	1Tues5	
Date	06-Jun	12-Jun	15-Jun	20-Jun	26-Jun	29-Jun	04-Jul	10-Jul	13-Jul	18-Jul	
Lesson	49	50	51	52	53	54	55	56	57	58	
GCSE Link	Half-Term GCSE Link: Principles of Training										
9X/PE4	4G/	Field		MUGA/ S	ortshall		4G/ Field				
Girls1 SAJ	Striking	Striking	Tanta	-	-	Tomaio	Striking	Striking	Striking	Striking	
GINST SAJ	Games	Games	Tennis	Tennis	Tennis	Tennis	Games	Games	Games	Games	
9X/PE2			Athletic	4G/ Field							
Girls2 DM	Athletics Athletic		ics Athletics	Athletics	Athletics	Athletics	Striking	Striking	Striking	Striking	
GIRISZ DIVI		Athletics					Games	Games	Games	Games	
9X/PE3		4G Pitch/Field MUGA/ Sportshall									
	Striking	Striking	Striking	Striking	Striking	Striking	Tomata	Tanala	T	Tanaia	
Boys1 MH	Games	Games	Games	Games	Games	Games	Tennis	Tennis	Tennis	Tennis	
0V /DE1			Athleti	cs Track			4G/ Field				
9X/PE1	Athletics Athlet	A.I.I	thletics Athletics	Athletics	Athletics	Athletics	Striking	Striking	Striking	Striking	
Boys2 DW		Athletics					Games	Games	Games	Games	