

9X Curriculum 2022-23

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

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											
9X/PE4 Girls1 SAJ	Introduction to PE	Activities Hall/ Hall					Fitness Suite					
		Movement	Movement	Movement	Movement	Movement	Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness	
Fitness Suite					Activities Hall/ Hall							
9X/PE2 Girls2 DM		Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness	Movement	Movement	Movement	Movement	Movement	
MUGA					Sportshall							
9X/PE3 Boys1 MH		Hockey	Hockey	Hockey	Hockey	Hockey	Basketball	Basketball	Basketball	Basketball	Basketball	
Sportshall					MUGA							
9X/PE1 Boys2 DW		Basketball	Basketball	Basketball	Basketball	Basketball	Hockey	Hockey	Hockey	Hockey	Hockey	

Half Term 2: November 7th 2022 - December 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	Half-Term GCSE Link: Muscles									
9X/PE4 Girls1 SAJ	Sportshall					MUGA				
	Netball	Netball	Netball	Netball	Netball	Hockey	Hockey	Hockey	Hockey	Hockey
9X/PE2 Girls2 DM	MUGA					Sportshall				
	Hockey	Hockey	Hockey	Hockey	Hockey	Netball	Netball	Netball	Netball	Netball
9X/PE3 Boys1 MH	4G					Fitness Suite				
	Football	Football	Football	Football	Football	Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness
9X/PE1 Boys2 DW	Fitness Suite					4G				
	Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness	Football	Football	Football	Football	Football

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

Week	2Mon4	2Thurs4	1Tues5	2Mon4	2Thurs4	1Tues5	2Mon4	2Thurs4	1Tues5
Date	09-Jan	12-Jan	17-Jan	23-Jan	26-Jan	31-Jan	06-Feb	09-Feb	14-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								
9X/PE4 Girls1 SAJ	4G					Fitness Suite			
	Football	Football	Football	Football	Football	Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness
9X/PE2 Girls2 DM	4G					Activities Hall/ Hall			
	Football	Football	Football	Football	Football	Movement	Movement	Movement	Movement
9X/PE3 Boys1 MH	Sportshall					4G		4G	
	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Football	Football	Rugby	Rugby
9X/PE1 Boys2 DW	Fitness Suite					Sportshall			
	Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness	Gymnastics	Gymnastics	Gymnastics	Gymnastics

9X Curriculum 2022-23

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							
9X/PE4 Girls1 SAJ	Sportshall				Activities Hall/ Hall			
	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Movement	Movement	Movement	Movement
9X/PE2 Girls2 DM	Fitness Suite				Sportshall			
	Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness	Gymnastics	Gymnastics	Gymnastics	Gymnastics
9X/PE3 Boys1 MH	4G				Fitness Suite			
	Rugby	Rugby	Rugby	Rugby	Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness
9X/PE1 Boys2 DW	4G				4G			
	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 Girls1 SAJ	Introduction to Athletics	Athletics Track						4G/ Field	
		Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Striking Games	Striking Games
MUGA/ Sportshall				4G/ Field					
Tennis		Tennis	Tennis	Tennis	Striking Games	Striking Games	Striking Games	Striking Games	
Athletics Track						4G/ Field			
9X/PE2 Girls2 DM	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Striking Games	Striking Games	
9X/PE3 Boys1 MH	4G Pitch/Field						MUGA/ Sportshall		
9X/PE1 Boys2 DW	Striking Games	Striking Games	Striking Games	Striking 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 Girls1 SAJ	4G/ Field		MUGA/ Sportshall				4G/ Field			
	Striking Games	Striking Games	Tennis	Tennis	Tennis	Tennis	Striking Games	Striking Games	Striking Games	Striking Games
9X/PE2 Girls2 DM	Athletics Track						4G/ Field			
	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Striking Games	Striking Games	Striking Games	Striking Games
9X/PE3 Boys1 MH	4G Pitch/Field						MUGA/ Sportshall			
	Striking Games	Striking Games	Striking Games	Striking Games	Striking Games	Striking Games	Tennis	Tennis	Tennis	Tennis
9X/PE1 Boys2 DW	Athletics Track						4G/ Field			
	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Striking Games	Striking Games	Striking Games	Striking Games