7X PE Schedule (7LEA, 7CSU, 7BTE)

	Half Term 1: September 5th 2022 - October 28th 2022 (8 weeks)													
Week	1Mon3	1Thurs3	2Thurs5	1Mon3	1Thurs3	2Thurs5	1Mon3	1Thurs3	2Thurs5	1Mon3	1Thurs3	2Thurs5		
Date	05-Sep	08-Sep	15-Sep	19-Sep	22-Sep	29-Sep	03-Oct	06-Oct	13-Oct	17-Oct	20-Oct	27-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														
				4G		MUGA		Sportshall		MUGA				
Girls SAJ		to PE	Games for Understanding	Games for Understanding	Games for Understanding	Games for Understanding	Indoor Athletics	Indoor Athletics	Hockey	Hockey	Hockey	Hockey		
			-	_	MU	IGA	Sport	tshall	4	G		Spor	tshall	
Boys DW		duction	Games for Understanding	Games for Understanding	Indoor Athletics	Indoor Athletics	Games for Understanding	Games for Understanding	Basketball	Basketball	Basketball	Basketball		
Mixed		Intro	Sport	Sportshall		4G		MUGA		Fitness Suite				
Mixed DM		<u> </u>	Indoor Athletics	Indoor Athletics	Games for Understanding	Games for Understanding	Games for Understanding	Games for Understanding	Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness		

	Half Term 2: November 7th 2022 - December 23rd 2022 (7 weeks)										
Week	1Mon3	1Thurs3	2Thurs5	1Mon3	1Thurs3	2Thurs5	1Mon3	1Thurs3	2Thurs5	1Mon3	1Thurs3
Date	07-Nov	10-Nov	17-Nov	21-Nov	24-Nov	01-Dec	05-Dec	08-Dec	15-Dec	19-Dec	22-Dec
Lesson	12	13	14	15	16	17	18	19	20	21	22
GCSE Link	Half-Term GCSE Link: Muscles										
	MUGA		Sportshall Sportshall							Fitness Suite	
Girls SAJ	I I a alvay	Haalian	Commonation	Commenties	Commonting	Commonstina	Commonting	Gymnastics	Health and	Health and	
	Hockey	Hockey	Gymnastics	Gymnastics	nnastics Gymnastics	Gymnastics	Gymnastics	Gymnastics	Fitness	Fitness	
	Sportshall				MU	4G		Last Day of			
Boys DW	Basketball	Basketball	Hockey	Hockey	Hockey	Hockey	Hockey	Hockey	Football	Football	Term
Mixed	Fitness Suite			4G							
	Health and	Health and	Football	Football	Football	Football	Football	Football	Gumnactics	Gumnactics	
DM	Fitness	Fitness	Football	Football	Football	Football	Football	Football	Gymnastics	Gymnastics	

7X PE Schedule (7LEA, 7CSU, 7BTE)

	Half Term 3: January 9th 2023 - February 17th 2023 (6 Weeks)											
Week	2Thurs5	1Mon3	1Thurs3	2Thurs5	1Mon3	1Thurs3	2Thurs5	1Mon3	1Thurs3			
Date	12-Jan	16-Jan	19-Jan	26-Jan	30-Jan	02-Feb	09-Feb	13-Feb	16-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											
		Fitnes	s Suite		Activities Hall/ Hall							
Girls SAJ	Health and	Health and	Health and	Health and					N. C.			
	Fitness	Fitness	Fitness	Fitness	Movement	Movement	Movement	Movement	Movement			
		4	G		Fitness Suite/ Sportshall							
Boys DW	Football			Football	Health and	Health and	Health and	Health and	Health and			
		Football	Football		Fitness	Fitness	Fitness	Fitness	Fitness			
Dat		Spor	tshall		Sportshall							
Mixed DM	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Basketball	Basketball	Basketball	Basketball	Basketball			

	Half Term 4: February 27th 2023 - March 31st 2023 (5 Weeks)									
Week	2Thurs5	1Mon3	1Thurs3	2Thurs5	1Mon3	1Thurs3	2Thurs5			
Date	02-Mar	06-Mar	09-Mar	16-Mar	20-Mar	23-Mar	30-Mar			
Lesson	32	33	34	35	36	37	38			
GCSE Link		Hal	f-Term GCSE	Link: Compo	nents of Fitr	iess				
	Activities Hall/ Hall	4G								
Girls SAJ	Movement	Football	Football	Football	Football	Football	Football			
	Fitness	Sportshall								
Boys DW	Health and Fitness	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics			
D. Girrand	Sportshall			Fitnes	s Suite					
Mixed DM	Basketball	Health and Fitness								

7X PE Schedule (7LEA, 7CSU, 7BTE)

	Half Term 5: April 17th 2023 - May 26th 2023 (6 weeks)										
Week	1Mon3	1Thurs3	2Thurs5	1Mon3	1Thurs3	2Thurs5	1Mon3	1Thurs3	2Thurs5		
Date	17-Apr	20-Apr	27-Apr	01-May	04-May	11-May	15-May	18-May	25-May		
Lesson	39	40	41	42	43	44	45	46	47		
GCSE Link		Half-Term GCSE Link: Aerobic and Anaerobic Exercise									
	Athletics	Athletics Track							portshall		
Girls SAJ		thletic	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Tennis	Tennis	
	to A	Athletics Track							4G/ Field		
Boys DW	Introduction t	r T	n t	Athletics	Athletica	Athletica	A.1.1	Addition		Striking	Striking
		Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Games	Games		
Mixed	Ď		4G/ Field								
DM	itro	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Striking	Striking		
DIVI	드							Games	Games		

	Half Term 6: June 5th 2023 - July 21st 2023 (6 weeks)											
Week	1Mon3	1Thurs3	2Thurs5	1Mon3	1Thurs3	2Thurs5	1Mon3	1Thurs3	2Thurs5	1Mon3	1Thurs3	
Date	05-Jun	08-Jun	15-Jun	19-Jun	22-Jun	29-Jun	03-Jul	06-Jul	13-Jul	17-Jul	20-Jul	
Lesson	48	49	50	51	52	53	54	55	56	57	58	
GCSE Link	Half-Term GCSE Link: Principles of Training											
	MUGA/ S	portshall	4G/ Field									
Girls SAJ	Tennis	Tennis	Striking	Striking	Striking	Striking	Striking	Striking	Striking	Striking		
			Games	Games	Games	Games	Games	Games	Games	Games		
	4G/	Field	MUGA/ Sportshall					Last				
Boys DW	Striking	Striking	Tamaia	Tamaia	Tennis	Tennis	Striking	Striking	Striking	Striking	Thursday	
	Games	Games	Tennis	Tennis			Games	Games	Games	Games	of term.	
Missad	4G/ Field		4G/ Field				MUGA/ Sportshall					
Mixed	Striking	Striking	Striking	Striking	Striking	Striking	Tannia	Tampia	Tannia	Tannia		
DM	Games	Games	Games	Games	Games	Games	Tennis	Tennis	Tennis	Tennis		