

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											
Girls SAJ	Introduction to PE	4G		MUGA		Sportshall		MUGA				
		Games for Understanding	Games for Understanding	Games for Understanding	Games for Understanding	Indoor Athletics	Indoor Athletics	Hockey	Hockey	Hockey	Hockey	
MUGA		Sportshall		4G		Sportshall						
Games for Understanding		Games for Understanding	Indoor Athletics	Indoor Athletics	Games for Understanding	Games for Understanding	Basketball	Basketball	Basketball	Basketball		
Boys DW	Sportshall		4G		MUGA		Fitness Suite					
Mixed DM	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										Last Day of Term
Girls SAJ	MUGA		Sportshall					Fitness Suite			
	Hockey	Hockey	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Health and Fitness	Health and Fitness	
Boys DW	Sportshall		MUGA					4G			
	Basketball	Basketball	Hockey	Hockey	Hockey	Hockey	Hockey	Hockey	Football	Football	
Mixed DM	Fitness Suite		4G					Sportshall			
	Health and Fitness	Health and Fitness	Football	Football	Football	Football	Football	Football	Gymnastics	Gymnastics	

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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								
Girls SAJ	Introduction to Athletics	Athletics Track						MUGA/ Sportshall	
		Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Tennis	Tennis
Athletics Track						4G/ Field			
Athletics		Athletics	Athletics	Athletics	Athletics	Athletics	Striking Games	Striking Games	
Athletics Track						4G/ Field			
Athletics		Athletics	Athletics	Athletics	Athletics	Athletics	Striking Games	Striking 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										
Girls SAJ	MUGA/ Sportshall		4G/ Field				4G/ Field				Last Thursday of term.
	Tennis	Tennis	Striking Games	Striking Games	Striking Games	Striking Games	Striking Games	Striking Games	Striking Games	Striking Games	
4G/ Field		MUGA/ Sportshall				4G/ Field					
Striking Games	Striking Games	Tennis	Tennis	Tennis	Tennis	Striking Games	Striking Games	Striking Games	Striking Games		
4G/ Field		4G/ Field				MUGA/ Sportshall					
Striking Games	Striking Games	Striking Games	Striking Games	Striking Games	Striking Games	Tennis	Tennis	Tennis	Tennis		