

7Y PE Schedule (7LPR, 7CMN, 7HP)

Half Term 1: September 5th 2022 - October 28th 2022 (8 weeks)												
Week	2Weds4	2Thurs1	2Fri2	2Weds4	2Thurs1	2Fri2	2Weds4	2Thurs1	2Fri2	2Weds4	2Thurs1	2Fri2
Date	14-Sep	15-Sep	16-Sep	28-Sep	29-Sep	30-Sep	12-Oct	13-Oct	14-Oct	26-Oct	27-Oct	28-Oct
Lesson	1	2	3	4	5	6	7	8	9	10	11	12
GCSE Link	Half-Term GCSE Link: Warm-Up, Cool Down and Heart Rate											
Girls SAJ	Introduction to PE	4G		MUGA		Sportshall		Activities Hall/ Hall				
		Games for Understanding	Games for Understanding	Games for Understanding	Games for Understanding	Indoor Athletics	Indoor Athletics	Movement	Movement	Movement	Movement	Movement
MUGA		Sportshall		4G		Sportshall						
Games for Understanding		Games for Understanding	Indoor Athletics	Indoor Athletics	Games for Understanding	Games for Understanding	Basketball	Basketball	Basketball	Basketball	Basketball	
Sportshall		4G		MUGA		Fitness Suite						
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	Health and Fitness	

Half Term 2: November 7th 2022 - December 23rd 2022 (7 weeks)									
Week	2Weds4	2Thurs1	2Fri2	2Weds4	2Thurs1	2Fri2	2Weds4	2Thurs1	2Fri2
Date	16-Nov	17-Nov	18-Nov	30-Nov	01-Dec	02-Dec	14-Dec	15-Dec	16-Dec
Lesson	13	14	15	16	17	18	19	20	21
GCSE Link	Half-Term GCSE Link: Muscles								
Girls SAJ	Activities Hall/ Hall	Sportshall					Sportshall		
	Movement	Netball/ Basketball	Netball/ Basketball	Netball/ Basketball	Netball/ Basketball	Netball/ Basketball	Gymnastics	Gymnastics	Gymnastics
Boys MH	Sportshall	4G					MUGA		
	Basketball	Rugby	Rugby	Rugby	Rugby	Rugby	Hockey	Hockey	Hockey
Mixed DM	Fitness	Activities Hall/ Hall					4G		
	Health and Fitness	Games for Understanding	Games for Understanding	Games for Understanding	Games for Understanding	Games for Understanding	Football	Football	Football

7Y PE Schedule (7LPR, 7CMN, 7HP)

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

Week	2Weds4	2Thurs1	2Fri2	2Weds4	2Thurs1	2Fri2	2Weds4	2Thurs1	2Fri2
Date	11-Jan	12-Jan	13-Jan	25-Jan	26-Jan	27-Jan	08-Feb	09-Feb	10-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								
Girls SAJ	Sportshall		Fitness Suite					MUGA	
	Gymnastics	Gymnastics	Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness	Hockey	Hockey
Boys MH	MUGA		4G					Fitness Suite	
	Hockey	Hockey	Football	Football	Football	Football	Football	Health and Fitness	Health and Fitness
Mixed DM	4G		Sportshall					Sportshall	
	Football	Football	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Basketball

Half Term 4: February 27th 2023 - March 31st 2023 (5 Weeks)

Week	2Weds4	2Thurs1	2Fri2	2Weds4	2Thurs1	2Fri2	2Weds4	2Thurs1	2Fri2
Date	01-Mar	02-Mar	03-Mar	15-Mar	16-Mar	17-Mar	29-Mar	30-Mar	31-Mar
Lesson	31	32	33	34	35	36	37	38	39
GCSE Link	Half-Term GCSE Link: Components of Fitness								
Girls SAJ	MUGA			4G					Introduction to Athletics
	Hockey	Hockey	Hockey	Football	Football	Football	Football	Football	
Boys MH	Fitness	Fitness	Fitness	Sportshall					
	Health and Fitness	Health and Fitness	Health and Fitness	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	
Mixed DM	Sportshall			Fitness Suite					
	Basketball	Basketball	Basketball	Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness	

7Y PE Schedule (7LPR, 7CMN, 7HP)

Half Term 5: April 17th 2023 - May 26th 2023 (6 weeks)

Week	2Weds4	2Thurs1	2Fri2	2Weds4	2Thurs1	2Fri2	2Weds4	2Thurs1	2Fri2
Date	26-Apr	27-Apr	28-Apr	10-May	11-May	12-May	24-May	25-May	26-May
Lesson	40	41	42	43	44	45	46	47	48
GCSE Link	Half-Term GCSE Link: Aerobic and Anaerobic Exercise								
Girls SAJ	Athletics Track						MUGA/ Sportshall		
	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Tennis	Tennis	Tennis
Boys MH	Athletics Track						4G/ Field		
	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Striking Games	Striking Games	Striking Games
Mixed DM	Athletics Track						4G/ Field		
	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Striking Games	Striking Games	Striking Games

Half Term 6: June 5th 2023 - July 21st 2023 (6 weeks)

Week	2Weds4	2Thurs1	2Fri2	2Weds4	2Thurs1	2Fri2	2Weds4	2Thurs1	2Fri2
Date	14-Jun	15-Jun	16-Jun	28-Jun	29-Jun	30-Jun	12-Jul	13-Jul	14-Jul
Lesson	49	50	51	52	53	54	55	56	57
GCSE Link	Half-Term GCSE Link: Principles of Training								
Girls SAJ	MUGA/	4G/ Field				4G/ Field			
	Tennis	Striking Games	Striking Games	Striking Games	Striking Games	Striking Games	Striking Games	Striking Games	Striking Games
Boys MH	4G/ Field	MUGA/ Sportshall				4G/ Field			
	Striking Games	Tennis	Tennis	Tennis	Tennis	Striking Games	Striking Games	Striking Games	Striking Games
Mixed DM	4G/ Field	4G/ Field				MUGA/ Sportshall			
	Striking Games	Striking Games	Striking Games	Striking Games	Striking Games	Tennis	Tennis	Tennis	Tennis