## 8X PE Schedule (8IH, 8MCH, 8ALJ)

	Half Term 1: September 5th 2022 - October 28th 2022 (8 weeks)											
Week	1Mon1	1Weds3	2Mon2	1Mon1	1Weds3	2Mon2	1Mon1	1Weds3	2Mon2	1Mon1	1Weds3	2Mon2
Date	05-Sep	07-Sep	12-Sep	19-Sep	21-Sep	26-Sep	03-Oct	05-Oct	10-Oct	17-Oct	19-Oct	24-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		o PE	Games for Understanding	Games for Understanding	Games for Understanding	Games for Understanding	Indoor Athletics	Indoor Athletics	Hockey	Hockey	Hockey	Hockey
		n t	MUGA		Sportshall		4G			Sport	tshall	
Boys MH		Introduction to PE	Games for Understanding	Games for Understanding	Indoor Athletics	Indoor Athletics	Games for Understanding	Games for Understanding	Basketball	Basketball	Basketball	Basketball
	Intro	tro	Sportshall		4G		MUGA			4	G	
Mixed DW		Indoor Athletics	Indoor Athletics	Games for Understanding	Games for Understanding	Games for Understanding	Games for Understanding	Rugby	Rugby	Rugby	Rugby	
												<u>.</u>
		На	alf Term 2	2: Novem	ber 7th 2	2022 - De	cember	23rd 202	2 (7 wee	ks)		
Week	1Mon1	Ha 1Weds3	alf Term 2 2Mon2	2: Novem	ber 7th 2	2022 - De 2Mon2	cember 2	23rd 202 1Weds3	2 (7 wee	ks) 1Mon1	1Weds3	
Week Date	1Mon1 07-Nov										1Weds3 21-Dec	
		1Weds3	2Mon2	1Mon1	1Weds3	2Mon2	1Mon1	1Weds3	2Mon2	1Mon1		
Date	07-Nov	1Weds3 09-Nov	2Mon2 14-Nov	1Mon1 21-Nov 15	1Weds3 23-Nov	2Mon2 28-Nov 17	1Mon1 05-Dec 18	1Weds3 07-Dec	2Mon2 12-Dec	1Mon1 19-Dec	21-Dec	
Date Lesson	07-Nov	1Weds3 09-Nov	2Mon2 14-Nov	1Mon1 21-Nov 15	1Weds3 23-Nov 16	2Mon2 28-Nov 17	1Mon1 05-Dec 18	1Weds3 07-Dec	2Mon2 12-Dec 20	1Mon1 19-Dec	21-Dec	
Date	07-Nov 12	1Weds3 09-Nov	2Mon2 14-Nov	1Mon1 21-Nov 15	1Weds3 23-Nov 16	2Mon2 28-Nov 17	1Mon1 05-Dec 18	1Weds3 07-Dec 19	2Mon2 12-Dec 20	1Mon1 19-Dec	21-Dec	
Date Lesson	07-Nov 12 MUGA	1Weds3 09-Nov 13 Netball/	2Mon2 14-Nov 14 Netball/	1Mon1 21-Nov 15 Ha Sportshall Netball/	1Weds3 23-Nov 16 alf-Term GCS	2Mon2 28-Nov 17 E Link: Musc	1Mon1 05-Dec 18 es	1Weds3 07-Dec 19 Spor	2Mon2 12-Dec 20 tshall Gymnastics	1Mon1 19-Dec 21	21-Dec	
Date Lesson	07-Nov 12 MUGA Hockey	1Weds3 09-Nov 13 Netball/	2Mon2 14-Nov 14 Netball/	1Mon1 21-Nov 15 Ha Sportshall Netball/ Basketball	1Weds3 23-Nov 16 alf-Term GCS	2Mon2 28-Nov 17 E Link: Musc	1Mon1 05-Dec 18 es	1Weds3 07-Dec 19 Spor	2Mon2 12-Dec 20 tshall Gymnastics	1Mon1 19-Dec 21	21-Dec	
Date Lesson Girls SAJ	07-Nov 12 MUGA Hockey Sportshall	1Weds3 09-Nov 13 Netball/ Basketball	2Mon2 14-Nov 14 Netball/ Basketball	1Mon1 21-Nov 15 Ha Sportshall Netball/ Basketball 4G	1Weds3 23-Nov 16 alf-Term GCS Netball/ Basketball Rugby	2Mon2 28-Nov 17 E Link: Musc Netball/ Basketball	1Mon1 05-Dec 18 es Gymnastics	1Weds3 07-Dec 19 Sport Gymnastics ML Hockey	2Mon2 12-Dec 20 tshall Gymnastics	1Mon1 19-Dec 21 Gymnastics	21-Dec	

## 8X PE Schedule (8IH, 8MCH, 8ALJ)

	Half Term 3: January 9th 2023 - February 17th 2023 (6 Weeks)									
Week	2Mon2	1Mon1	1Weds3	2Mon2	1Mon1	1Weds3	2Mon2	1Mon1	1Weds3	
Date	09-Jan	16-Jan	18-Jan	23-Jan	30-Jan	01-Feb	06-Feb	13-Feb	15-Feb	
Lesson	23	24	25	26	27	28	29	30	31	
		Ha	alf-Term GCS	E Link: Short	Term and Lo	ong Term Effe	ects of Exerci	se		
	Sportshall			Fitness Suite	Activities Hall/ Hall					
Girls SAJ	Gymnastics	Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness	Movement	Movement	Movement	
	MUGA			4G				Fitness Suite		
Boys MH	Hockey	Football	Football	Football	Football	Football	Health and Fitness	Health and Fitness	Health and Fitness	
	4G			Sportshall			Sportshall			
Mixed DW	Football	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Basketball	Basketball	Basketball	

	Weeks)								
Week	2Mon2	1Mon1	1Weds3	2Mon2	1Mon1	1Weds3	2Mon2		
Date	27-Feb	06-Mar	08-Mar	13-Mar	20-Mar	22-Mar	27-Mar		
Lesson	32	33	34	35	36	37	38		
		Hal	f-Term GCSE	Link: Compo	nents of Fitn	ess			
	Activities	Hall/ Hall	4G						
Girls SAJ	Movement	Movement	Football	Football	Football	Football	Football		
	Fitnes	s Suite	Sportshall						
Boys MH	Health and Fitness	Health and Fitness	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics		
	Sport	tshall	Fitness Suite						
Mixed DW	Basketball	Basketball	Health and Fitness						

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		Half T	erm 5: A	pril 17th	2023 - M	lay 26th	2023 (6 v	veeks)			
Week	1Mon1	1Weds3	2Mon2	1Mon1	1Weds3	2Mon2	1Mon1	1Weds3	2Mon2		
Date	17-Apr	19-Apr	24-Apr	01-May	03-May	08-May	15-May	17-May	22-May		
Lesson	39	40	41	42	43	44	45	46	47		
			Half-Te	rm GCSE Link	: Aerobic an	d Anaerobic	Exercise				
	S			ļ.	Athletics Trac	:k			MUGA/		
Girls SAJ	Introduction to Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Tennis		
	o A				Athletics Trac	:k	•		4G/ Field		
Boys MH	n t								Striking		
	tio	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Games		
	σnρ	Athletics Track									
Mixed DW	tro	Athlatta							Striking		
	=	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Games		
			11-16	T		2022 1	1 24-12	000 /6	1 - \		
			наіт	1 erm 6: .		<u> 2023 - Ju</u>	iy 21st 2	023 (6 we	еекѕ)		
Week	1Mon1	1Weds3	2Mon2	1Mon1	1Weds3	2Mon2	1Mon1	1Weds3	2Mon2	1Mon1	1Wed
Date	05-Jun	07-Jun	12-Jun	19-Jun	21-Jun	26-Jun	03-Jul	05-Jul	10-Jul	17-Jul	19-Ju
Lesson	48	49	50	51	52	53	54	55	56	57	58
				На	lf-Term GCS	E Link: Princi	ples of Train	ing			
	M	UGA/ Sportsh	nall		4G/	Field		4G/ Field			
Girls SAJ	Tannia	Tannia	Tampia	Striking	Striking	Striking	Striking	Striking	Striking	Striking	Strikir
	Tennis	Tennis	Tennis	Games	Games	Games	Games	Games	Games	Games	Game
		4G/ Field			MUGA/ S	portshall			4G/	Field	
Boys MH	Striking	Striking	Striking	Tonnis	Tonnis	Tonnis	Tonnis	Striking	Striking	Striking	Strikir

**Tennis** 

Striking

Games

**Tennis** 

**Striking** 

Games

4G/ Field

Tennis

**Striking** 

Games

**Games** 

**Tennis** 

Games

Tennis

**MUGA/ Sportshall** 

**Games** 

**Tennis** 

Games

**Tennis** 

Tennis

**Striking** 

Games

Games

4G/ Field

Striking

Games

Games

**Striking** 

Games

**Mixed DW** 

**Games** 

Striking

Games