## 8Y PE Schedule (8MDR, 8SAJ, 8KMR)

|           | Half Term 1: September 5th 2022 - October 28th 2022 (8 weeks) |   |                            |                              |                            |                            |                  |                            |                            |            |            |            |            |       |        |  |
|-----------|---|---|----------------------------|------------------------------|----------------------------|----------------------------|------------------|----------------------------|----------------------------|------------|------------|------------|------------|-------|--------|--|
| Week      | 1Weds2  | 2Tues1                                  | 2Weds1                     | 1Weds2                       | 2Tues1                     | 2Weds1                     | 1Weds2           | 2Tues1                     | 2Weds1                     | 1Weds2     | 2Tues1     | 2Weds1     |            |       |        |  |
| Date      | 07-Sep  | 13-Sep                                  | 14-Sep                     | 21-Sep                       | 27-Sep                     | 28-Sep                     | 05-Oct           | 11-Oct                     | 12-Oct                     | 19-Oct     | 25-Oct     | 26-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        |   |                            |                              |                            |                            |                  |                            |                            |            |            |            |            |       |        |  |
|           |   |   |                            | 4G                           |                            | MUGA                       |                  | Sportshall                 |                            | MUGA       |            |            |            |       |        |  |
| Girls SAJ | esson   | o PE                                    | Games for<br>Understanding | Games for<br>Understanding   | Games for<br>Understanding | Games for<br>Understanding | Indoor Athletics | Indoor Athletics           | Hockey                     | Hockey     | Hockey     | Hockey     |            |       |        |  |
|           | o Lo  | u C                                     |                            | b t                          | on t                       | on t                       | ML               | IGA                        | Sport                      | tshall     | 4          | G          |            | Sport | tshall |  |
| Boys DM   | y One - No  | - ne                                    | ductio                     | Games for<br>Understanding   | Games for<br>Understanding | Indoor Athletics           | Indoor Athletics | Games for<br>Understanding | Games for<br>Understanding | Basketball | Basketball | Basketball | Basketball |       |        |  |
|           |   | itro                                    | Sportshall                 |                              | 4G                         |                            | MUGA             |                            | Fitness Suite              |            |            |            |            |       |        |  |
| Mixed MH  | Da  | And | Games for                  | Games for                    | Games for                  | Games for                  | Health and       | Health and                 | Health and                 | Health and |            |            |            |       |        |  |
|           |   |   | indoor Athletics           | Indoor Athletics Understandi | Understanding              | Understanding              | Understanding    | Understanding              | Fitness                    | Fitness    | Fitness    | Fitness    |            |       |        |  |

|           |                       | Half Term 2: November 7th 2022 - December 23rd 2022 (7 weeks) |                              |                            |                            |                            |                       |                       |                       |                       |  |  |  |
|-----------|-----------------------|---|------------------------------|----------------------------|----------------------------|----------------------------|-----------------------|-----------------------|-----------------------|-----------------------|--|--|--|
| Week      | 1Weds2                | 2Tues1  | 2Weds1                       | 1Weds2                     | 2Tues1                     | 2Weds1                     | 1Weds2                | 2Tues1                | 2Weds1                | 1Weds2                |  |  |  |
| Date      | 09-Nov                | 15-Nov  | 16-Nov                       | 23-Nov                     | 29-Nov                     | 30-Nov                     | 07-Dec                | 13-Dec                | 14-Dec                | 21-Dec                |  |  |  |
| Lesson    | 12                    | 13  | 14                           | 15                         | 16                         | 17                         | 18                    | 19                    | 20                    | 21                    |  |  |  |
| GCSE Link |                       |   | Half-Term GCSE Link: Muscles |                            |                            |                            |                       |                       |                       |                       |  |  |  |
|           | MUGA                  |   |                              | Sportshall                 |                            | Sportshall                 |                       |                       |                       |                       |  |  |  |
| Girls SAJ | Hockey                | Netball/<br>Basketball  | Netball/<br>Basketball       | Netball/<br>Basketball     | Netball/<br>Basketball     | Netball/<br>Basketball     | Gymnastics            | Gymnastics            | Gymnastics            | Gymnastics            |  |  |  |
|           | Sportshall            |   |                              | 4G                         | -                          | MUGA                       |                       |                       |                       |                       |  |  |  |
| Boys DM   | Basketball            | Rugby   | Rugby                        | Rugby                      | Rugby                      | Rugby                      | Hockey                | Hockey                | Hockey                | Hockey                |  |  |  |
| Mixed MH  | Fitness<br>Suite      |   | Act                          | ivities Hall/              | Hall                       | Fitness Suite              |                       |                       |                       |                       |  |  |  |
|           | Health and<br>Fitness | Games for<br>Understanding                                    | Games for<br>Understanding   | Games for<br>Understanding | Games for<br>Understanding | Games for<br>Understanding | Health and<br>Fitness | Health and<br>Fitness | Health and<br>Fitness | Health and<br>Fitness |  |  |  |

## 8Y PE Schedule (8MDR, 8SAJ, 8KMR)

|           | Half Term 3: January 9th 2023 - February 17th 2023 (6 Weeks) |   |                       |                       |                       |                       |            |            |            |  |  |
|-----------|--|---|-----------------------|-----------------------|-----------------------|-----------------------|------------|------------|------------|--|--|
| Week      | 2Tues1   | 2Weds1  | 1Weds2                | 2Tues1                | 2Weds1                | 1Weds2                | 2Tues1     | 2Weds1     | 1Weds2     |  |  |
| Date      | 10-Jan   | 11-Jan  | 18-Jan                | 24-Jan                | 25-Jan                | 01-Feb                | 07-Feb     | 08-Feb     | 15-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 |                       |                       |                       |                       |            |            |            |  |  |
|           | Sportshall   |   |                       | <b>Fitness Suite</b>  |                       | Activities Hall/ Hall |            |            |            |  |  |
| Girls SAJ | Gymnastics   | Health and  | Health and<br>Fitness | Health and<br>Fitness | Health and<br>Fitness | Health and<br>Fitness | Movement   | Movement   | Movement   |  |  |
|           |  | Fitness   | Fitness               |                       | Fitness               | Fitness               |            |            |            |  |  |
|           | MUGA   |   |                       | 4G                    | Fitness Suite         |                       |            |            |            |  |  |
| Boys DM   | Hockey   | Football  | Football              | Football              | Football              | Football              |            | Health and | Health and |  |  |
|           |  |   |                       |                       |                       |                       | Fitness    | Fitness    | Fitness    |  |  |
| Mixed MH  | Fitness<br>Suite   |   |                       | Sportshall            |                       | Sportshall            |            |            |            |  |  |
|           | Health and<br>Fitness  | Gymnastics  | Gymnastics            | Gymnastics            | Gymnastics            | Gymnastics            | Basketball | Basketball | Basketball |  |  |

|           | Half Term 4: February 27th 2023 - March 31st 2023 (5 Weeks) |                       |                       |                       |                       |                       |                       |                       |  |  |  |
|-----------|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|--|--|--|
| Week      | 2Tues1  | 2Weds1                | 1Weds2                | 2Tues1                | 2Weds1                | 1Weds2                | 2Tues1                | 2Weds1                |  |  |  |
| Date      | 28-Feb  | 01-Mar                | 08-Mar                | 14-Mar                | 15-Mar                | 22-Mar                | 28-Mar                | 29-Mar                |  |  |  |
| Lesson    | 32  | 33                    | 34                    | 35                    | 36                    | 37                    | 38                    | 39                    |  |  |  |
| GCSE Link | Half-Term GCSE Link: Components of Fitness                  |                       |                       |                       |                       |                       |                       |                       |  |  |  |
|           | Activities  | Hall/ Hall            | 4G                    |                       |                       |                       |                       |                       |  |  |  |
| Girls SAJ | Movement  | Movement              | Football              | Football              | Football              | Football              | Football              | Football              |  |  |  |
|           | Fitnes  | s Suite               | Sportshall            |                       |                       |                       |                       |                       |  |  |  |
| Boys DM   | Health and<br>Fitness                                       | Health and<br>Fitness | Gymnastics            | Gymnastics            | Gymnastics            | Gymnastics            | Gymnastics            | Gymnastics            |  |  |  |
|           | Sport   | tshall                | Fitness Suite         |                       |                       |                       |                       |                       |  |  |  |
| Mixed MH  | Basketball  | Basketball            | Health and<br>Fitness |  |  |  |

## 8Y PE Schedule (8MDR, 8SAJ, 8KMR)

|           | Half Term 5: April 17th 2023 - May 26th 2023 (6 weeks) |   |           |           |           |           |           |          |           |  |  |  |
|-----------|--|---|-----------|-----------|-----------|-----------|-----------|----------|-----------|--|--|--|
| Week      | 1Weds2   | 2Tues1  | 2Weds1    | 1Weds2    | 2Tues1    | 2Weds1    | 1Weds2    | 2Tues1   | 2Weds1    |  |  |  |
| Date      | 19-Apr   | 25-Apr  | 26-Apr    | 03-May    | 09-May    | 10-May    | 17-May    | 23-May   | 24-May    |  |  |  |
| Lesson    | 40   | 41  | 42        | 43        | 44        | 45        | 46        | 47       | 48        |  |  |  |
| GCSE Link |  | Half-Term GCSE Link: Aerobic and Anaerobic Exercise |           |           |           |           |           |          |           |  |  |  |
| Girls SAJ | S  | Athletics Track                                     |           |           |           |           |           |          | portshall |  |  |  |
|           | to Athletics   | Athletics   | Athletics | Athletics | Athletics | Athletics | Athletics | Tennis   | Tennis    |  |  |  |
|           |  | Athletics Track                                     |           |           |           |           |           |          | Field     |  |  |  |
| Boys DM   | on t   | Athletics   | Athletics | Athletics | Athletics | Athletics | Athletics | Striking | Striking  |  |  |  |
|           | ıcti   |   |           | Athleti   |           |           |           | Games    | Games     |  |  |  |
|           | ιpc  |   | 4G/ Field |           |           |           |           |          |           |  |  |  |
| Mixed MH  | Introduction   | Athletics   | Athletics | Athletics | Athletics | Athletics | Athletics | Striking | Striking  |  |  |  |
|           |  | Atmetics  | Americs   | Admetics  |           |           |           | Games    | Games     |  |  |  |

|           | Half Term 6: June 5th 2023 - July 21st 2023 (6 weeks) |          |                  |          |          |          |                  |          |          |          |  |
|-----------|---|----------|------------------|----------|----------|----------|------------------|----------|----------|----------|--|
| Week      | 1Weds2  | 2Tues1   | 2Weds1           | 1Weds2   | 2Tues1   | 2Weds1   | 1Weds2           | 2Tues1   | 2Weds1   | 1Weds2   |  |
| Date      | 07-Jun  | 13-Jun   | 14-Jun           | 21-Jun   | 27-Jun   | 28-Jun   | 05-Jul           | 11-Jul   | 12-Jul   | 19-Jul   |  |
| Lesson    | 49  | 50       | 51               | 52       | 53       | 54       | 55               | 56       | 57       | 58       |  |
| GCSE Link | Half-Term GCSE Link: Principles of Training           |          |                  |          |          |          |                  |          |          |          |  |
|           | MUGA/ Sportshall                                      |          |                  | 4G/      | Field    |          | 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 |          |          |          | 4G/ Field        |          |          |          |  |
| Boys DM   | Striking  | Striking | Tennis           | Tennis   | Tanaia   | Tennis   | Striking         | Striking | Striking | Striking |  |
|           | Games   | Games    | Tennis           | Tennis   | Tennis   |          | Games            | Games    | Games    | Games    |  |
|           | 4G/ Field   |          | 4G/ Field        |          |          |          | MUGA/ Sportshall |          |          |          |  |
| Mixed MH  | Striking  | Striking | Striking         | Striking | Striking | Striking | Tonnic           | Tennis   | Tonnic   | Tonnic   |  |
|           | Games   | Games    | Games            | Games    | Games    | Games    | Tennis           | Tennis   | Tennis   | Tennis   |  |