

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											
Girls SAJ	Day One - No Lesson	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	
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	

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									
Girls SAJ	MUGA	Sportshall					Sportshall			
	Hockey	Netball/ Basketball	Netball/ Basketball	Netball/ Basketball	Netball/ Basketball	Netball/ Basketball	Gymnastics	Gymnastics	Gymnastics	Gymnastics
Boys DM	Sportshall	4G					MUGA			
	Basketball	Rugby	Rugby	Rugby	Rugby	Rugby	Hockey	Hockey	Hockey	Hockey
Mixed MH	Fitness Suite	Activities Hall/ Hall					Fitness Suite			
	Health and Fitness	Games for Understanding	Games for Understanding	Games for Understanding	Games for Understanding	Games for Understanding	Health and Fitness	Health and Fitness	Health and Fitness	Health and Fitness

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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	Introduction to Athletics	Athletics Track						MUGA/ Sportshall	
		Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Tennis	Tennis
Boys DM		Athletics Track						4G/ Field	
		Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Striking Games	Striking Games
Mixed MH		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	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									
Girls SAJ	MUGA/ Sportshall		4G/ Field				4G/ Field			
	Tennis	Tennis	Striking Games	Striking Games	Striking Games	Striking Games	Striking Games	Striking Games	Striking Games	Striking Games
Boys DM	4G/ Field		MUGA/ Sportshall				4G/ Field			
	Striking Games	Striking Games	Tennis	Tennis	Tennis	Tennis	Striking Games	Striking Games	Striking Games	Striking Games
Mixed MH	4G/ Field		4G/ Field				MUGA/ Sportshall			
	Striking Games	Striking Games	Striking Games	Striking Games	Striking Games	Striking Games	Tennis	Tennis	Tennis	Tennis