

8X PE Schedule (8CSU, 8LJS, 8BTE) *Schedule subject to change ie weather dependent etc

Half Term 1: September 4th 2023 - October 27th 2023														
Week	1Mon2	1Fri1	2Mon5	1Mon2	1Fri1	2Mon5	1Mon2	1Fri1	2Mon5	1Mon2	1Fri1	2Mon5		
Date	04-Sep	08-Sep	11-Sep	18-Sep	22-Sep	25-Sep	02-Oct	06-Oct	09-Oct	16-Oct	20-Oct	23-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	8X3	SAJ	Introduction to PE				MUGA				Sportshall			
Boys	8X1	MH2 DW1					Sportshall				3G			
Mixed	8X2	DM					Fitness Suite				MUGA			

Half Term 2: November 6th 2023 - December 20th 2023												
Week	1Mon2	1Fri1	2Mon5	1Mon2	1Fri1	2Mon5	1Mon2	1Fri1	2Mon5	1Mon2	1Fri1	
Date	06-Nov	10-Nov	13-Nov	20-Nov	24-Nov	27-Nov	04-Dec	08-Dec	11-Dec	18-Dec	22-Dec	
Lesson	12	13	14	15	16	17	18	19	20	21	22	
GCSE Link	Half-Term GCSE Link: Muscles											INSET DAY
Girls	8X3	SAJ	Sportshall		Fitness Suite					Sportshall		
Boys	8X1	MH2 DW1	3G		3G					Fitness Suite		
Mixed	8X2	DM	MUGA		Sportshall					3G		

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Half Term 3: January 8th 2024 - February 9th 2024

Week			2Mon5	1Mon2	1Fri1	2Mon5	1Mon2	1Fri1	2Mon5
Date			08-Jan	15-Jan	19-Jan	22-Jan	29-Jan	02-Feb	05-Feb
Lesson			23	24	25	26	27	28	26
GCSE Link			Half-Term GCSE Link: Short Term and Long Term Effects of Exercise						
Girls	8X3	SAJ	Sportshall				Sportshall		
	Boys	8X1	MH2	Fitness Suite				Sportshall	
	DW1								
Mixed	8X2	DM	3G				Sportshall		

Half Term 4: February 19th 2024 - March 22nd 2024

Week			1Mon2	1Fri1	2Mon5	1Mon2	1Fri1	2Mon5	1Mon2	1Fri1	
Date			19-Feb	23-Feb	26-Feb	04-Mar	08-Mar	11-Mar	18-Mar	22-Mar	
Lesson			27	28	29	30	31	32	33	34	
GCSE Link			Half-Term GCSE Link: Components of Fitness							INSET DAY	
Girls	8X3	SAJ	Sportshall	3G							
	Boys	8X1	MH2	Sportshall	Sportshall						
	DW1										
Mixed	8X2	DM	Sportshall	Fitness Suite							

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Half Term 5: April 8th 2024 - May 24th 2024

Week	2Mon5	1Mon2	1Fri1	2Mon5	1Mon2	1Fri1	2Mon5	1Mon2	1Fri1	2Mon5		
Date	08-Apr	15-Apr	19-Apr	22-Apr	29-Apr	03-May	06-May	13-May	17-May	20-May		
Lesson	35	36	37	38	39	40	41	42	43	44		
GCSE Link	Half-Term GCSE Link: Aerobic and Anaerobic Exercise											
Girls	8X3	SAJ	Introduction to Athletics	Athletics Track						MUGA		
				Athletics						Tennis		
Boys	8X1	MH2 DW1		Athletics Track						3G/ Field		
				Athletics						Striking Games		
Mixed	8X2	DM		Athletics Track						3G/ Field		
				Athletics						Striking Games		

Half Term 6: June 3rd 2024 - July 19th 2024

Week	1Mon2	1Fri1	2Mon5	1Mon2	1Fri1	2Mon5	1Mon2	1Fri1	2Mon5	1Mon2	1Fri1	
Date	03-Jun	07-Jun	10-Jun	17-Jun	21-Jun	24-Jun	01-Jul	05-Jul	08-Jul	15-Jul	19-Jul	
Lesson	45	46	47	48	49	50	51	52	53	54	55	
GCSE Link	Half-Term GCSE Link: Principles of Training											
Girls	8X3	SAJ	MUGA			3G/ Field			3G/ Field			End of Year Tournament
			Tennis			Striking Games			Striking Games			
Boys	8X1	MH2 DW1	3G/ Field			MUGA			3G/ Field			
			Striking Games			Tennis			Striking Games			
Mixed	8X2	DM	3G/ Field			3G/ Field			MUGA			
			Striking Games			Striking Games			Tennis			