

## 9X PE Schedule (9KT, 9SP, 9ALJ) \*Schedule subject to change ie weather dependent etc

### Half Term 1: September 4th 2023 - October 27th 2023

Week			1Weds1	1Thurs3	2Tues1	1Weds1	1Thurs3	2Tues1	1Weds1	1Thurs3	2Tues1	1Weds1	1Thurs3	2Tues1		
Date			06-Sep	07-Sep	12-Sep	20-Sep	21-Sep	26-Sep	04-Oct	05-Oct	10-Oct	18-Oct	19-Oct	24-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													
Mixed	Girls	9X1	MH	Introduction to PE	MUGA						Sportshall					
	Boys	9X2	DM		Sportshall						3G					
	Mixed	9X3	DW2 SAJ1		Fitness Suite						MUGA					

### Half Term 2: November 6th 2023 - December 20th 2023

Week			1Weds1	1Thurs3	2Tues1	1Weds1	1Thurs3	2Tues1	1Weds1	1Thurs3	2Tues1	1Weds1	1Thurs3	
Date			08-Nov	09-Nov	14-Nov	22-Nov	23-Nov	28-Nov	06-Dec	07-Dec	12-Dec	20-Dec	21-Dec	
Lesson			12	13	14	15	16	17	18	19	20	21	22	
GCSE Link			Half-Term GCSE Link: Muscles										INSET DAY	
Mixed	Girls	9X1	MH	Sportshall		Fitness Suite						Sportshall		
	Boys	9X2	DM	3G		3G						Fitness Suite		
	Mixed	9X3	DW2 SAJ1	MUGA		Sportshall						3G		

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

Week	2Tues1	1Weds1	1Thurs3	2Tues1	1Weds1	1Thurs3	2Tues1
Date	09-Jan	17-Jan	18-Jan	23-Jan	31-Jan	01-Feb	06-Feb
Lesson	23	24	25	26	27	28	26
GCSE Link	Half-Term GCSE Link: Short Term and Long Term Effects of Exercise						
Girls 9X1 MH	Sportshall			3G			
Boys 9X2 DM	Fitness Suite			Sportshall			
Mixed 9X3 SAJ1 DW2	3G			MUGA			

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

Week	1Weds1	1Thurs3	2Tues1	1Weds1	1Thurs3	2Tues1	1Weds1	1Thurs3
Date	21-Feb	22-Feb	27-Feb	06-Mar	07-Mar	12-Mar	20-Mar	21-Mar
Lesson	27	28	29	30	31	32	33	33
GCSE Link	Half-Term GCSE Link: Components of Fitness							INSET DAY
Girls 9X1 MH	3G		Fitness Suite	Sportshall				
Boys 9X2 DM	Sportshall		Sportshall	Fitness Suite	Sportshall			
Mixed 9X3 SAJ1 DW2	MUGA		Sportshall		Fitness Suite	Sportshall		

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

Week		2Tues1	1Weds1	1Thurs3	2Tues1	1Weds1	1Thurs3	2Tues1	1Weds1	1Thurs3	2Tues1	
Date		09-Apr	17-Apr	18-Apr	23-Apr	01-May	02-May	07-May	15-Jun	16-May	21-May	
Lesson		34	35	36	37	38	39	40	41	42	43	
GCSE Link		Half-Term GCSE Link: Aerobic and Anaerobic Exercise										
Girls	9X1	MH	Introduction to Athletics	Athletics Track						MUGA		
				Athletics						Tennis		
Boys	9X2	DM		Athletics Track						3G/ Field		
				Athletics						Striking Games		
Mixed	9X3	DW2 SAJ1		Athletics Track						3G/ Field		
				Athletics						Striking Games		

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

Week		1Weds1	1Thurs3	2Tues1	1Weds1	1Thurs3	2Tues1	1Weds1	1Thurs3	2Tues1	1Weds1	1Thurs3	
Date		05-Jun	06-Jun	11-Jun	19-Jun	20-Jun	25-Jun	03-Jul	04-Jul	09-Jul	17-Jul	18-Jul	
Lesson		44	45	46	47	48	49	50	51	52	53	54	
GCSE Link		Half-Term GCSE Link: Principles of Training											
Girls	9X1	MH	MUGA		3G/ Field			3G/ Field					End of Year Tournament
			Tennis		Striking Games			Striking Games					
Boys	9X2	DM	3G/ Field		MUGA			3G/ Field					
			Striking Games		Tennis			Striking Games					
Mixed	9X3	DW2 SAJ1	3G/ Field		3G/ Field			MUGA					
			Striking Games		Striking Games			Tennis					