

## 7X PE Schedule (7AP, 7ID, 7IP) \*Schedule subject to change ie weather dependent etc

Half Term 1: September 4th 2023 - October 27th 2023												
Week	1Thurs4	2Mon3	2Tues3	1Thurs4	2Mon3	2Tues3	1Thurs4	2Mon3	2Tues3	1Thurs4	2Mon3	2Tues3
Date	07-Sep	11-Sep	12-Sep	21-Sep	25-Sep	26-Sep	05-Oct	09-Oct	10-Oct	19-Sep	23-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											
Girls	7X1	SAJ2 MH1	Introduction to PE	3G	Fitness Suite	3G	Sportshall	Sportshall	Sportshall			
Boys	7X2	DM		3G	Sportshall	Fitness Suite	3G	Sportshall	Sportshall			
Mixed	7X3	DW		3G	3G	Sportshall	Fitness Suite	Sportshall	Sportshall			

Half Term 2: November 6th 2023 - December 20th 2023										
Week	1Thurs4	2Mon3	2Tues3	1Thurs4	2Mon3	2Tues3	1Thurs4	2Mon3	2Tues3	1Thurs4
Date	09-Nov	13-Nov	14-Nov	23-Nov	27-Nov	28-Nov	07-Dec	11-Dec	12-Dec	21-Dec
Lesson	12	13	14	15	16	17	18	19	20	21
GCSE Link	Half-Term GCSE Link: Muscles									
Girls	7X1	SAJ2 MH1	Sportshall	Sportshall			Fitness Suite			
Boys	7X2	DM	Sportshall	3G			Sportshall			
Mixed	7X3	DW	Sportshall	Fitness Suite			MUGA			

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

Week	2Mon3	2Tues3	1Thurs4	2Mon3	2Tues3	1Thurs4	2Mon3	2Tues3
Date	08-Jan	09-Jan	18-Jan	22-Jan	23-Jan	01-Feb	05-Feb	06-Feb
Lesson	22	23	24	25	26	27	28	29
GCSE Link	Half-Term GCSE Link: Short Term and Long Term Effects of Exercise							
Girls	7X1	SAJ2 MH1	Fitness Suite	3G			MUGA	
Boys	7X2	DM	Sportshall	Fitness Suite			Sportshall	
Mixed	7X3	DW	MUGA	Sportshall			3G	

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

Week	1Thurs4	2Mon3	2Tues3	1Thurs4	2Mon3	2Tues3	1Thurs4
Date	22-Feb	26-Feb	27-Feb	07-Mar	11-Mar	12-Mar	21-Mar
Lesson	30	31	32	33	34	35	36
GCSE Link	Half-Term GCSE Link: Components of Fitness						
Girls	7X1	SAJ2 MH1	MUGA		Sportshall		
Boys	7X2	DM	Sportshall		3G		
Mixed	7X3	DW	3G		Fitness Suite		

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

Week	2Mon3	2Tues3	1Thurs4	2Mon3	2Tues3	1Thurs4	2Mon3	2Tues3	1Thurs4	2Mon3	2Tues3
Date	08-Apr	09-Apr	18-Apr	22-Apr	23-Apr	02-May	06-May	07-May	16-May	20-May	21-May
Lesson	37	38	39	40	41	42	43	44	45	46	47

GCSE Link: Half-Term GCSE Link: Aerobic and Anaerobic Exercise

Girls	7X1	SAJ2 MH1	Introduction to Athletics	Athletics Track					MUGA		
	7X2	DM		Athletics Track					3G/ Field		
	7X3	DW		Athletics Track					3G/ Field		

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

Week	1Thurs4	2Mon3	2Tues3	1Thurs4	2Mon3	2Tues3	1Thurs4	2Mon3	2Tues3	1Thurs4
Date	06-Jun	10-Jun	11-Jun	20-Jun	24-Jun	25-Jun	04-Jul	08-Jul	09-Jul	18-Jul
Lesson	48	49	50	51	52	53	54	55	56	57

GCSE Link: Half-Term GCSE Link: Principles of Training

Girls	7X1	SAJ2 MH1	MUGA	3G/ Field			3G/ Field			End of Year Tournament
	7X2	DM	3G/ Field	MUGA			MUGA			
	7X3	DW	3G/ Field	3G/ Field			3G/ Field			