

7Y PE Schedule (7MCH, 7SHR, 7SMN) *Schedule subject to change ie weather dependent etc

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

Half Term 1: September 4th 2023 - October 27th 2023												
Week	1Tues1	2Thurs1	2Fri2	1Tues1	2Thurs1	2Fri2	1Tues1	2Thurs1	2Fri2	1Tues1	2Thurs1	2Fri2
Date	05-Sep	14-Sep	15-Sep	19-Sep	28-Sep	29-Sep	03-Oct	12-Oct	13-Oct	17-Oct	26-Oct	27-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	7Y3	SAJ	Introduction to PE	3G	Fitness Suite	3G	Sportshall	Sportshall	Sportshall			
Boys	7Y1	MH		3G	Sportshall	Fitness Suite	3G	Sportshall	Sportshall			
Mixed	7Y2	DM		3G	3G	Sportshall	Fitness Suite	Sportshall	Sportshall			

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

Half Term 2: November 6th 2023 - December 20th 2023										
Week	1Tues1	2Thurs1	2Fri2	1Tues1	2Thurs1	2Fri2	1Tues1	2Thurs1	2Fri2	1Tues1
Date	07-Nov	16-Nov	17-Nov	21-Nov	30-Nov	01-Dec	05-Dec	14-Dec	15-Dec	19-Dec
Lesson	12	13	14	15	16	17	18	19	20	21
GCSE Link	Half-Term GCSE Link: Muscles									
Girls	7Y3	SAJ	Sportshall	Sportshall			Fitness Suite			
Boys	7Y1	MH	Sportshall	3G			Sportshall			
Mixed	7Y2	DM	Sportshall	Fitness Suite			MUGA			

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

Week			2Thurs1	2Fri2	1Tues1	2Thurs1	2Fri2	1Tues1	2Thurs1	2Fri2
Date			11-Jan	12-Jan	16-Jan	25-Jan	26-Jan	30-Jan	08-Feb	09-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	7Y3	SAJ	Fitness Suite	3G					MUGA	
Boys	7Y1	MH	Sportshall	Fitness Suite					Sportshall	
Mixed	7Y2	DM	MUGA	Sportshall					3G	

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

Week			1Tues1	2Thurs1	2Fri2	1Tues1	2Thurs1	2Fri2	1Tues1
Date			20-Feb	29-Feb	01-Mar	05-Mar	14-Mar	15-Mar	19-Mar
Lesson			30	31	32	33	34	35	36
GCSE Link			Half-Term GCSE Link: Components of Fitness						
Girls	7Y3	SAJ	MUGA			Sportshall			
Boys	7Y1	MH2 DW1	Sportshall			3G			
Mixed	7Y2	DM	3G			Fitness Suite			

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

Week			2Thurs1	2Fri2	1Tues1	2Thurs1	2Fri2	1Tues1	2Thurs1	2Fri2	1Tues1	2Thurs1	2Fri2	
Date			11-Apr	12-Apr	16-Apr	25-Apr	26-Apr	30-Apr	09-May	10-May	14-May	23-May	24-May	
Lesson			37	38	39	40	41	42	43	44	45	46	47	
GCSE Link			Half-Term GCSE Link: Aerobic and Anaerobic Exercise											
Mixed	Girls	7Y3	SAJ	Athletics Track							MUGA			
	Boys	7Y1	MH2 DW1	Athletics Track							3G/ Field			
	7Y2	DM	Athletics Track							3G/ Field				

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

Week			1Tues1	2Thurs1	2Fri2	1Tues1	2Thurs1	2Fri2	1Tues1	2Thurs1	2Fri2	1Tues1	
Date			04-Jun	13-Jun	14-Jun	18-Jun	27-Jun	28-Jun	02-Jul	11-Jul	12-Jul	16-Jul	
Lesson			48	49	50	51	52	53	54	55	56	57	
GCSE Link			Half-Term GCSE Link: Principles of Training									End of Year Tournament	
Mixed	Girls	7Y3	SAJ	MUGA	3G/ Field				3G/ Field				
	Boys	7Y1	MH2 DW1	3G/ Field	MUGA				MUGA				
	7Y2	DM	3G/ Field	3G/ Field				3G/ Field					