

P.E Programme 2023-2024				Y10 HFW			
Wk bgn	FOR			SPORTS EDUCATION MODEL	MYH		
	GAMES	PERFORMANCE	LIFESTYLE		GAMES	PERFORMANCE	LIFESTYLE
4/09/2023 (Mon/Tue INSET)				TEAMS OF 8			
11-Sep-23	Sports Education intro	Sports Education intro	Sports Education intro		Sports Education intro	Sports Education intro	Sports Education intro
18-Sep-23	HANDBALL	BADMINTON	CIRCUITS		HANDBALL	BADMINTON	CIRCUITS
25-Sep-23	HANDBALL	BADMINTON	CIRCUITS		HANDBALL	BADMINTON	CIRCUITS
02-Oct-23	HANDBALL	BADMINTON	CIRCUITS		HANDBALL	BADMINTON	CIRCUITS
09-Oct-23	HANDBALL	BADMINTON	CIRCUITS		HANDBALL	BADMINTON	CIRCUITS
16-Oct-23	HANDBALL	BADMINTON	CIRCUITS		HANDBALL	BADMINTON	CIRCUITS
	Half Term				Half Term		
	GAMES	PERFORMANCE	LIFESTYLE		GAMES	PERFORMANCE	LIFESTYLE
30-Oct-23	FUTSAL	DODGEBALL	WALK FOR HEALTH	No Sports Hall- Y13 No Sports Hall- Y11 maths (M,T,W)	FUTSAL	DODGEBALL	WALK FOR HEALTH
06-Nov-23	FUTSAL	DODGEBALL	WALK FOR HEALTH		FUTSAL	DODGEBALL	WALK FOR HEALTH
13-Nov-23	FUTSAL	DODGEBALL	WALK FOR HEALTH		FUTSAL	DODGEBALL	WALK FOR HEALTH
20-Nov	FUTSAL	DODGEBALL	WALK FOR HEALTH		FUTSAL	DODGEBALL	WALK FOR HEALTH
27-Nov	BASKETBALL	TABLE TENNIS	NETBALL		BASKETBALL	TABLE TENNIS	NETBALL
04-Dec	BASKETBALL	TABLE TENNIS	NETBALL		BASKETBALL	TABLE TENNIS	NETBALL
11-Dec	BASKETBALL	TABLE TENNIS	NETBALL	No Sports Hall- Y11	BASKETBALL	TABLE TENNIS	NETBALL
18/12/2023 (2.5 days)	BASKETBALL	TABLE TENNIS	NETBALL		BASKETBALL	TABLE TENNIS	NETBALL
	End of Term				End of Term		
	GAMES	PERFORMANCE	LIFESTYLE		GAMES	PERFORMANCE	LIFESTYLE
5 Jan (2 days)	FOOTBALL	KINBALL	TRAMPOLINING		FOOTBALL	KINBALL	TRAMPOLINING
08-Jan	FOOTBALL	KINBALL	TRAMPOLINING		FOOTBALL	KINBALL	TRAMPOLINING
15-Jan	FOOTBALL	KINBALL	TRAMPOLINING		No Sports Hall- Y11	FOOTBALL	KINBALL
22-Jan	FOOTBALL	NETBALL	JUST DANCE	FOOTBALL		NETBALL	JUST DANCE
29-Jan	DODGEBALL	NETBALL	JUST DANCE	DODGEBALL		NETBALL	JUST DANCE
05-Feb	DODGEBALL	NETBALL	JUST DANCE	DODGEBALL		NETBALL	JUST DANCE
	Half Term				Half Term		
	GAMES	PERFORMANCE	LIFESTYLE		GAMES	PERFORMANCE	LIFESTYLE
19-Feb	OAA	OAA	OAA	No Sports Hall- Y12 No Sports Hall- Y11 maths (M,T,W,T)	OAA	OAA	OAA
26-Feb	OAA	OAA	OAA		OAA	OAA	OAA
04-Mar	Work experience week?	Work experience week?	Work experience week?		Work experience week?	Work experience week?	Work experience week?
11-Mar	NETBALL	FITNESS	BADMINTON		NETBALL	FITNESS	BADMINTON
18-Mar	NETBALL	FITNESS	BADMINTON		NETBALL	FITNESS	BADMINTON
25/03/2024 (4 days)	NETBALL	FITNESS	BADMINTON		NETBALL	FITNESS	BADMINTON
	End of term				End of term		
	GAMES	PERFORMANCE	LIFESTYLE		GAMES	PERFORMANCE	LIFESTYLE
11/04/2024 (2 days)	ATHLETICS	ATHLETICS	TENNIS	No Sports Hall No Sports Hall	ATHLETICS	ATHLETICS	TENNIS
15-Apr	ATHLETICS	ATHLETICS	TENNIS		ATHLETICS	ATHLETICS	TENNIS
22-Apr	ATHLETICS	ATHLETICS	TENNIS		ATHLETICS	ATHLETICS	TENNIS
29-Apr	ATHLETICS	ATHLETICS	TENNIS		ATHLETICS	ATHLETICS	TENNIS
06-May	SOFTBALL/ROUNDERS	TENNIS	YOGA/PILATES		SOFTBALL/ROUNDERS	TENNIS	YOGA/PILATES
13-May	SOFTBALL/ROUNDERS	TENNIS	YOGA/PILATES		SOFTBALL/ROUNDERS	TENNIS	YOGA/PILATES
20-May	SOFTBALL/ROUNDERS	TENNIS	YOGA/PILATES	SOFTBALL/ROUNDERS	TENNIS	YOGA/PILATES	
	Half Term				Half Term		
	GAMES	PERFORMANCE	LIFESTYLE		GAMES	PERFORMANCE	LIFESTYLE
03-Jun	TENNIS	ROUNDERS	ATHLETICS	No Sports Hall	TENNIS	ROUNDERS	ATHLETICS
10-Jun	TENNIS	ROUNDERS	ATHLETICS	No Sports Hall	TENNIS	ROUNDERS	ATHLETICS
17-Jun	TENNIS	ROUNDERS	ATHLETICS	No Sports Hall	TENNIS	ROUNDERS	ATHLETICS
24-Jun	CRICKET	VOLLEYBALL	ROUNDERS	No Sports Hall	CRICKET	VOLLEYBALL	ROUNDERS
01-Jul	CRICKET	VOLLEYBALL	ROUNDERS		CRICKET	VOLLEYBALL	ROUNDERS
08-Jul	CRICKET	VOLLEYBALL	ROUNDERS		CRICKET	VOLLEYBALL	ROUNDERS
15-Jul	SPORTS DAY/ REWARDS/ ASSEMBLY				SPORTS DAY/ REWARDS/ ASSEMBLY		
		END OF YEAR				END OF YEAR	