

KS3 PROGRAMME OF STUDY IN PHYSICAL EDUCATION

DEVELOPING BASIC SKILLS													
YEAR 7		w/c 13 th Sept	INDUCTION + Inter form cross country	Rugby/Netball/ Swim Inter Form Comps last week of first half	w/c 1 st Nov	w/c 29 th Nov	Festive Dance Week Last week of Autumn term	w/c 17 th Jan	w/c 28 th Feb	Football/ Water Polo/ Badminton/Cheer Comps – last week of Spring term	w/c 19 th April		w/c 4 th July
		5 Weeks			4 Weeks	4 Weeks (split by Xmas)		5 Weeks	4 Weeks		10 Weeks (Alternate between Athletics/Striking)		3 Weeks
SET 1 Girls	INDUCTION + Inter form cross country	Netball 1 Netball Courts /Gym	Rugby/Netball/ Swim Inter Form Comps last week of first half	Swimming Strokes 1 Pool	Gymnastics 1 Gym	Festive Dance Week Last week of Autumn term	Badminton 1 Sports Hall	Rugby 1 Fields	Football/ Water Polo/ Badminton/Cheer Comps – last week of Spring term	Athletics 1 Gym/Outside	Rounders 1 Fields	Diversity festival and Olympic Day prep	
SET 2 Girls		Netball 1 Netball Courts /Gym		Gymnastics 1 Gym	Swimming Strokes 1 Pool		Football 1 Fields	Badminton 1 Sports Hall		Athletics 1 Gym/Outside	Rounders 1 Fields		
SET 1 Boys		Rugby 1 Fields		Rugby 2 Fields	Badminton 1 Sports Hall		Swimming Strokes 1 Pool	Life Fitness 1 PE2/ Gym		Cricket 1/ Rounders 1 Outside	Athletics 1 Gym/Outside		
SET 2 Boys		Rugby 1 Fields		Badminton 1 Sports Hall	Football 1 Fields		Life Fitness 1 PE2	Swimming Strokes 1 Pool		Rounders 1 Fields	Athletics 1 Gym/Outside		
SET 3 Mixed		Swimming Strokes 1 Pool		Table Tennis 1/ Orienteering 1 Main Hall/ Outside	Life Fitness 1 PE2/ Outside		Dodgeball 1 Gym	Football 1/ Gymnastics 1 Outside/Gym		Athletics 1 Gym/Outside	Rounders 1 Outside/Fields		
Wet weather area		Girls 1 Gym Girls 2 Main Hall/PE2		Girls 1 Main Hall/PE2	Boys 2 Main Hall		Girls 2 Gym	Girls 1 Main Hall Group 3 Gym		Girls Gym Boys PE2/Main Hall	Boys Gym Girls PE2/Main Hall		

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DEVELOPING AND APPLYING SKILLS												
YEAR 8		w/c 13 th Sept	Rugby/Netball/ Swim Inter Form Comps last week of first half term	w/c 1 st Nov	w/c 29 th Nov	Festive Dance Week Last week of Autumn term	w/c 17 th Jan	w/c 28 th Feb	Football/ Water Polo/ Badminton/Cheer Comps – last week of Spring term	w/c 19 th April		w/c 4 th July
		5 Weeks		4 Weeks	4 Weeks (Split by Xmas)		5 Weeks	4 Weeks		10 Weeks (Alternate between Athletics/Striking)		3 Weeks
SET 1 Girls	INDUCTION + Inter form cross country	Netball 3 S Hall/Netball Courts	Rugby/Netball/ Swim Inter Form Comps last week of first half term	Life Fitness 1 PE2/Gym	Dance 1 Gym	Festive Dance Week Last week of Autumn term	Swimming Strokes 2 Pool	Football 1 Gym	Football/ Water Polo/ Badminton/Cheer Comps – last week of Spring term	Athletics 2 Gym/Outside	Cricket 1/ Rounders 2 Courts/Fields	Diversity festival International day and Olympic Day prep.
SET 2 Girls		Life Fitness 1 PE2/Gym		Netball 2 Sports Hall/ Netball Courts	Swimming Strokes 2 Pool		Dance 1 Gym	Rugby 1 Fields		Athletics 2 Gym/Outside	Rounders 2 Fields	
SET 1 Boys		Rugby 3 Fields		Badminton 2 Sports Hall	Basketball 1 Sports Hall		Football 1 Fields	Swimming Strokes 1 Pool		Cricket 2 Rounders 1 Outside	Athletics 2 Gym/Outside	
SET 2 Boys		Swimming Strokes 2 Pool		Table Tennis 1 Main Hall	Football 2 Fields		Basketball 1 Sports Hall	Life Fitness 1 PE2		Rounders 2 / Softball 1 Outside	Athletics 2 Gym/Outside	
SET 3 Mixed		Basketball 1/ Table Tennis 2 S/Hall/ Main Hall		Swimming Strokes 2 Pool	Life Fitness 2 PE2		Dodgeball 2 Gym	Football 2 Touch Rug 1 Fields		Rounders 2 /Athletics 2 Gym/Outside	Rounders 2 /Athletics 2 Gym/Outside	
Wet weather area		Girls 1 Gym		Girls 2/Boys 3 Spanish or Mixed 3 French Half Sports Hall	Boys 2 Half Sports Hall		Boys 1 Main Hall Boys 3 Half Sports Hall	Girls 2 and 3 Main Hall		Girls Gym Boys PE2/Main Hall	Boys Gym Girls PE2/Main Hall	

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APPLYING SKILLS AND DEVELOPING TACTICS & STRATEGIES

APPLYING SKILLS AND DEVELOPING TACTICS & STRATEGIES												
YEAR 9		w/c 13 th Sept	Rugby/Netball/ Swim Inter Form Comps last week of first half	w/c 1 st Nov	w/c 29 th Nov	Festive Dance Week Last week of Autumn term	w/c 17 th Jan	w/c 28 th Feb	Football/ Water Polo/ Badminton/Cheer Comps – last week of Spring term	w/c 19 th April		w/c 4 th July
		5 Weeks		5 Weeks	4 Weeks (Split by Xmas)		4 Weeks	4 Weeks		10 Weeks (Alternate between Athletics/Striking)		3 Weeks
SET 1 Girls	INDUCTION + Inter form cross country	Netball 4 Netball Courts	Rugby/Netball/ Swim Inter Form Comps last week of first half	Badminton 2 Sports Hall	Life Fitness 2 PE2	Festive Dance Week Last week of Autumn term	Swimming Strokes 2 Pool	Cheer 1/ Ex to Music 1 Gym	Football/ Water Polo/ Badminton/Cheer Comps – last week of Spring term	Athletics 2 Gym/Outside	Rounders 2 Fields	Diversity festival International day and Olympic Day prep.
SET 2 Girls		Badminton 2 Sports Hall		Netball 3 Netball Courts	Cheer 1 / Ex to Music 1 Gym		Football 1 Fields	Swim Fit 3 / Water Polo1 Pool		Athletics 2 Gym/Outside	Rounders 2 Fields	
SET 1 Boys		Rugby 4 Fields		Netball 1 Hard Standing	Swim Fit 3 / Water Polo1 Pool		Life Fitness 2 PE2	Badminton 3 Sports Hall		Softball 1 Fields	Athletics 2 Gym/Outside	
SET 2 Boys		Swim Fit 3 / Water Polo1 Pool		Table Tennis 2 Main Hall	Rugby 2 Fields		Badminton 2 Sports Hall	Football 3 Fields		Softball 1 Outside	Athletics 2 Gym/Outside	
SET 3 Mixed Spanish		Life Fitness 2 PE2/Gym		Swim Fit 3 / Water Polo1 Pool	Badminton 2 Sports hall		Dodgeball 1 Gym	Football 2/3 Outside/Fields		Orienteering 2/3 Outside/Fields	Athletics 2/ Rounders 2 Gym/Fields	
Wet weather area		Girls 1 French Gym		Girls 2 Gym share Boys 1 PE2	Boys 2 Main Hall share		Girls 2 Main Hall/Gym share Boys 3 Half Sports Hall	Girls/Mixed 3 Main Hall Boys 2 Half Sports Hall		Girls Gym Boys PE2/Main Hall	Boys Gym Girls PE2/Main Hall	