

KS4 PROGRAMME OF STUDY IN PHYSICAL EDUCATION

PARTICIPATION / LEADERSHIP AND APPLICATION OF SKILLS FROM KS3 TO DEVELOP LIFELONG PARTICIPATION

YEAR 10 (Y)	FIRST LESSON INDUCTION		Half term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6		
			8 Weeks	7 Weeks	6 Weeks	6 Weeks	5 Weeks	4 Weeks	3 Weeks	
		Interform (Boys football, netball, badminton and free swim)	ACTIVITY/ TEACHER	ACTIVITY/ TEACHER	ACTIVITY/ TEACHER	ACTIVITY/ TEACHER	ACTIVITY/ TEACHER	ACTIVITY/ TEACHER	ACTIVITY/ TEACHER	Olympic Day prep
			TABLE TENNIS (Main Hall) <i>(Open to all)</i>	FREE SWIM (Pool) <i>(open to all)</i>	CLUB ENERGY (Off Site) <i>(Open to all)</i>	BODY PUMP (PE2) <i>(Girls only)</i>	ROUNDERS (3G) <i>(Recreational Mixed)</i>	ROUNDERS 1 (3G) <i>(Recreational Mixed)</i>		
			NETBALL (Courts) <i>(Competitive Girls)</i>	DODGEBALL (Gym) <i>(Rec Mixed)</i>	PERSONAL TRAINING (PE2) <i>(New Activity)</i>	WORLD SPORTS (Various) <i>(New Activities)</i>	TAG RUGBY (3G) <i>(Open to all)</i>	ROUNDERS 2 (Fields) <i>(Competitive)</i>		
			PERSONAL TRAINING (PE2) <i>(New Activity)</i>	CLUB ENERGY (Off Site) <i>(New Activity)</i>	YOGA / BODY BALANCE (Gym) <i>(Open to all)</i>	BASKETBALL (Sports Hall) <i>(Rec Mixed)</i>	DODGEBALL (Gym) <i>(Competitive)</i>	SOFTBALL (3G) <i>(Competitive)</i>		
			RUGBY (3G) <i>(Competitive Boys)</i>	BADMINTON (Sports Hall) <i>(GCSE PE/ Comp)</i>	BOXING (Off Site) <i>(New Activity)</i>	FREE SWIM (Pool) <i>(open to all)</i>	CLUB ENERGY (Off Site) <i>(New Activity)</i>	FREE SWIM (Pool) <i>(open to all)</i>		
			BADMINTON (Sports Hall) <i>(open to all)</i>	FOOTBALL (3G) <i>(Recreational Mixed)</i>	FREE SWIM (Pool) <i>(open to all)</i>	FOOTBALL (3G) <i>(Competitive Boys)</i>	VOLLEYBALL (Sports Hall/Field) <i>(New Activity)</i>	PERSONAL TRAINING (PE2) <i>(New Activity)</i>		

Interform (Girls football, touch rugby, table tennis and free swim)

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YEAR 10 (X)	FIRST LESSON INDUCTION									
	Half term 1		Half Term 2	Half Term 3	Half Term 4		Half Term 5	Half Term 6		
	8 Weeks		7 Weeks	6 Weeks	6 Weeks		5 Weeks	4 Weeks		3 Weeks
	ACTIVITY/ TEACHER		ACTIVITY/ TEACHER	ACTIVITY/ TEACHER	ACTIVITY/ TEACHER		ACTIVITY/ TEACHER	ACTIVITY/ TEACHER		
	TABLE TENNIS (Main Hall) <i>(Open to all)</i>	Interform (Boys football, netball, badminton and free swim)	FREE SWIM (Pool) <i>(open to all)</i>	CLUB ENERGY (Off Site) <i>(Open to all)</i>	BODY PUMP (PE2) <i>(Girls only)</i>	Interform (Girls football, touch rugby, table tennis and free swim)	ROUNDERS (3G) <i>(Recreational Mixed)</i>	ROUNDERS 1 (3G) <i>(Recreational Mixed)</i>		
	NETBALL (Courts) <i>(Competitive Girls)</i>		DODGEBALL (Gym) <i>(Rec Mixed)</i>	PERSONAL TRAINING (PE2) <i>(New Activity)</i>	WORLD SPORTS (Various) <i>(New Activities)</i>		TAG RUGBY (3G) <i>(Open to all)</i>	ROUNDERS 2 (Fields) <i>(Competitive)</i>		
	PERSONAL TRAINING (PE2) <i>(New Activity)</i>		CLUB ENERGY (Off Site) <i>(New Activity)</i>	YOGA / BODY BALANCE (Gym) <i>(Open to all)</i>	BASKETBALL (Sports Hall) <i>(Rec Mixed)</i>		DODGEBALL (Gym) <i>(Competitive)</i>	SOFTBALL (3G) <i>(Competitive)</i>		
	RUGBY (3G) <i>(Competitive Boys)</i>		BADMINTON (Sports Hall) <i>(GCSE PE/ Comp)</i>	BOXING (Off Site) <i>(New Activity)</i>	FREE SWIM (Pool) <i>(open to all)</i>		CLUB ENERGY (Off Site) <i>(New Activity)</i>	FREE SWIM (Pool) <i>(open to all)</i>		
	BADMINTON (Sports Hall) <i>(open to all)</i>		FOOTBALL (3G) <i>(Recreational Mixed)</i>	FREE SWIM (Pool) <i>(open to all)</i>	FOOTBALL (3G) <i>(Competitive Boys)</i>		VOLLEYBALL (Sports Hall/Field) <i>(New Activity)</i>	PERSONAL TRAINING (PE2) <i>(New Activity)</i>		

Olympic Day prep

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		Half term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
		8 Weeks	7 Weeks	6 Weeks	6 Weeks	5 Weeks	7 Weeks
YEAR 11 (S)	FIRST LESSON INDUCTION						
		ACTIVITY/ TEACHER	ACTIVITY/ TEACHER	ACTIVITY/ TEACHER	ACTIVITY/ TEACHER	ACTIVITY/ TEACHER	ACTIVITY/ TEACHER
		TABLE TENNIS (Main Hall) <i>(Open to all)</i>	FREE SWIM (Pool) <i>(open to all)</i>	CLUB ENERGY (Off Site) <i>(Open to all)</i>	BODY PUMP (Gym) <i>(Girls only)</i>	ROUNDERS (3G) <i>(Competitive)</i>	Study Leave
		NETBALL (Courts) <i>(Competitive Girls)</i>	DODGEBALL (Gym) <i>(Rec Mixed)</i>	PERSONAL TRAINING (PE2) <i>(New Activity)</i>	WORLD SPORTS (Various) <i>(New Activities)</i>	TAG RUGBY (Fields) <i>(Open to all)</i>	
		PERSONAL TRAINING (PE2) <i>(New Activity)</i>	CLUB ENERGY (Off Site) <i>(New Activity)</i>	YOGA / BODY BALANCE (Gym) <i>(Open to all)</i>	BASKETBALL (Sports Hall) <i>(Rec Mixed)</i>	DODGEBALL (Gym) <i>(Recreational Mixed)</i>	
		RUGBY (3G) <i>(Competitive Boys)</i>	BADMINTON (Sports Hall) <i>(GCSE PE/ Comp)</i>	BOXING (Off Site) <i>(New Activity)</i>	FREE SWIM (Pool) <i>(open to all)</i>	SOFTBALL (3G) <i>(Competitive)</i>	
		BADMINTON (Sports Hall) <i>(open to all)</i>	FOOTBALL (3G) <i>(Recreational Mixed)</i>	FREE SWIM (Pool) <i>(open to all)</i>	FOOTBALL (3G) <i>(Competitive Boys)</i>	WALKING (Off Site) <i>(New Activity)</i>	

Interform (Boys football, netball and badminton)

Interform (Girls football, touch rugby and table tennis)

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		Half term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6	
		8 Weeks	7 Weeks	6 Weeks	6 Weeks	5 Weeks	7 Weeks	
YEAR 11 (F) FIRST LESSON INDUCTION								
		ACTIVITY/ TEACHER	ACTIVITY/ TEACHER	ACTIVITY/ TEACHER	ACTIVITY/ TEACHER	ACTIVITY/ TEACHER	ACTIVITY/ TEACHER	
		TABLE TENNIS (Main Hall) <i>(Open to all)</i>	FREE SWIM (Pool) <i>(open to all)</i>	CLUB ENERGY (Off Site) <i>(Open to all)</i>	BODY PUMP (Gym) <i>(Girls only)</i>	ROUNDERS (3G) <i>(Competitive)</i>		Study Leave
		NETBALL (Courts) <i>(Competitive Girls)</i>	DODGEBALL (Gym) <i>(Rec Mixed)</i>	PERSONAL TRAINING (PE2) <i>(New Activity)</i>	WORLD SPORTS (Various) <i>(New Activities)</i>	TAG RUGBY (Fields) <i>(Open to all)</i>		
		PERSONAL TRAINING (PE2) <i>(New Activity)</i>	CLUB ENERGY (Off Site) <i>(New Activity)</i>	YOGA / BODY BALANCE (Gym) <i>(Open to all)</i>	BASKETBALL (Sports Hall) <i>(Rec Mixed)</i>	DODGEBALL (Gym) <i>(Recreational Mixed)</i>		
		RUGBY (3G) <i>(Competitive Boys)</i>	BADMINTON (Sports Hall) <i>(GCSE PE/ Comp)</i>	BOXING (Off Site) <i>(New Activity)</i>	FREE SWIM (Pool) <i>(open to all)</i>	SOFTBALL (3G) <i>(Competitive)</i>		
	BADMINTON (Sports Hall) <i>(open to all)</i>	FOOTBALL (3G) <i>(Recreational Mixed)</i>	FREE SWIM (Pool) <i>(open to all)</i>	FOOTBALL (3G) <i>(Competitive Boys)</i>	WALKING (Off Site) <i>(New Activity)</i>			

Interform (Boys football, netball and badminton)

Interform (Girls football, touch rugby and table tennis)