

		YEAR 7		
		HEALTHY BODY Taught through vigorous sustained physical activity		
Week	Wk bgn	7a/d	7b/e	7c/f
2	5th sept	BASELINE/Rules		
1	12th Sept	Interhouse CC	Interhouse CC	Interhouse CC
2	19th Sep	Football	Netball	Basketball
1	26th Sept	Football	Netball	Basketball
2	3rd Oct	Football	Netball	Basketball
1	10th Oct	Netball	Basketball	Football
2	17th Oct	Netball	Basketball	Football
	24th Oct	Half Term		
1	31st Oct	Netball	Basketball	Football
2	7th Nov	Basketball	Football	Netball
1	14th Nov	Basketball	Football	Netball
2	21st Nov	Basketball	Football	Netball
1	28th Nov	OAA/Cross country	Rugby	Gymnastics
2	5th dec	OAA/Cross country	Rugby	Gymnastics
1	6th Dec	OAA/Cross country	Rugby	Gymnastics
2	12th Dec	Rugby	Gymnastics	OAA/Cross country
		End of Term		
1	2nd Jan	Rugby	Gymnastics	OAA/Cross country
2	9th Jan	Rugby	Gymnastics	OAA/Cross country
1	16th Jan	Gymnastics	OAA/Cross Country	Rugby
2	23rd Jan	Gymnastics	OAA/Cross Country	Rugby
1	30th Jan	Gymnastics	OAA/Cross Country	Rugby
2	6th Feb	Dodgeball	Dodgeball	Dodgeball
		Half Term		
2	20th Feb	Handball	Dance	Flag Football
1	27th Feb	Handball	Dance	Flag Football
2	6th March	Handball	Dance	Flag Football
1	13th March	Flag Football	Handball	Dance
2	20th March	Flag Football	Handball	Dance
1	27th March	Flag Football	Handball	Dance
		End of Term		
2	17th April	Dance	Flag Football	Handball
1	24th April	Dance	Flag Football	Handball
2	1st May	Dance	Flag Football	Handball
1	8th May	Athletics	Athletics	Athletics
2	15th May	Athletics	Athletics	Athletics
1	22nd May	Athletics	Athletics	Athletics
		Half Term		
2	3rd June	Tennis	S&F	Volleyball
1	12th June	Tennis	S&F	Volleyball
2	19th June	Volleyball	Tennis	S&F
1	26th June	Volleyball	Tennis	S&F
2	3rd July	S&F	Volleyball	Tennis
1	10th July	S&F	Volleyball	Tennis
2	17th July	Activity week	Activity Week	Activity week

		YEAR 8		
		HEALTHY BODY Taught through vigorous sustained physical activity		
Week	Wk bgn	8a/d	8b/e	8c/f
2	5th sept	BASELINE		
1	12th Sept	Football	Netball	Table Tennis
2	19th Sep	Football	Netball	Table Tennis
1	26th Sept	Football	Netball	Table Tennis
2	3rd Oct	Netball	Table Tennis	Football
1	10th Oct	Netball	Table Tennis	Football
2	17th Oct	Netball	Table Tennis	Football
	24th Oct	Half Term		
1	31st Oct	Table Tennis	Football	Netball
2	7th Nov	Table Tennis	Football	Netball
1	14th Nov	Table Tennis	Football	Netball
2	21st Nov	Handball	Rugby	Gymnastics
1	28th Nov	Handball	Rugby	Gymnastics
2	5th dec	Handball	Rugby	Gymnastics
1	6th Dec	Rugby	Gymnastics	Handball
2	12th Dec	Interhouse		
		End of Term		
1	2nd Jan	Rugby	Gymnastics	Handball
2	9th Jan	Rugby	Gymnastics	Handball
1	16th Jan	Gymnastics	Handball	Rugby
2	23rd Jan	Gymnastics	Handball	Rugby
1	30th Jan	Gymnastics	Handball	Rugby
2	6th Feb	OAA	Dance	Flag Football
		Half Term		
2	20th Feb	OAA	Dance	Flag Football
1	27th Feb	Flag Football	OAA	Dance
2	6th March	Flag Football	OAA	Dance
1	13th March	Dance	Flag Football	OAA
2	20th March	Dance	Flag Football	OAA
1	27th March	Interhouse	Interhouse	Interhouse
		End of Term		
2	17th April	Athletics	Athletics	Athletics
1	24th April	Athletics	Athletics	Athletics
2	1st May	Athletics	Athletics	Athletics
1	8th May	Tennis	Rounders	Volleyball
2	15th May	Tennis	Rounders	Volleyball
1	22nd May	Tennis	Rounders	Volleyball
		Half Term		
2	3rd June	Volleyball	Tennis	Rounders
1	12th June	Volleyball	Tennis	Rounders
2	19th June	Volleyball	Tennis	Rounders
1	26th June	Rounders	Volleyball	Tennis
2	3rd July	Rounders	Volleyball	Tennis
1	10th July	Rounders	Volleyball	Tennis
2	17th July	Activity week		

		YEAR 9		
		HEALTHY BODY Taught through vigorous sustained physical activity		
Week	Wk bgn	9HA/D	9HB/E	9HC/F
2	5th sept	Football	Netball	Basketball
1	12th Sept	Football	Netball	Basketball
2	19th Sep	Football	Netball	Basketball
1	26th Sept	Football	Netball	Basketball
2	3rd Oct	Basketball	Football	Netball
1	10th Oct	Basketball	Football	Netball
2	17th Oct	Basketball	Football	Netball
1	31st Oct	Basketball	Football	Netball
2	7th Nov	Half Term		
1	14th Nov	Netball	Basketball	Football
2	21st Nov	Netball	Basketball	Football
1	28th Nov	Netball	Basketball	Football
2	5th dec	Netball	Basketball	Football
1	6th Dec	Handball	Flag football	Health/Yoga
2	12th Dec	Interhouse		
		End of Term		
1	2nd Jan	Handball	Flag Football	Health/Yoga
2	9th Jan	Handball	Flag Football	Health/Yoga
1	16th Jan	Handball	Flag football	Health/Yoga
2	23rd Jan	Health/Yoga	Handball	Flag Football
1	30th Jan	Health/Yoga	Handball	Flag Football
2	6th Feb	Health/Yoga	Handball	Flag Football
		Half Term		
2	20th Feb	Health/Yoga	Handball	Flag Football
1	27th Feb	Flag football	Health/Yoga	Handball
2	6th March	Flag football	Health/Yoga	Handball
1	13th March	Flag football	Health/Yoga	Handball
2	20th March	Flag football	Health/Yoga	Handball
1	27th March	Interhouse		
		End of Term		
2	17th April	Athletics	Athletics	Athletics
1	24th April	Athletics	Athletics	Athletics
2	1st May	Athletics	Athletics	Athletics
1	8th May	Athletics	Athletics	Athletics
2	15th May	Tennis	Rounders	Volleyball
1	22nd May	Tennis	Rounders	Volleyball
		Half Term		
2	3rd June	Tennis	Rounders	Volleyball
1	12th June	Volleyball	Tennis	Rounders
2	19th June	Volleyball	Tennis	Rounders
1	26th June	Volleyball	Tennis	Rounders
2	3rd July	Rounders	Volleyball	Tennis
1	10th July	Rounders	Volleyball	Tennis
2	17th July	Rounders	Volleyball	Tennis

		Healthy Body Objectives - Taught through Sustained Vigorous Physical Activity - Linked to activity on SOL		
Week		Pathway 1	Pathway 2	Pathway 3
2	5th sept	PE Introduction Lessons		
1	12th Sept	Rugby	Netball	Speedminton
2	19th Sep	Rugby	Netball	Speedminton
1	26th Sept	Rugby	Netball	Speedminton
2	3rd Oct	Rugby	Netball	Speedminton
1	10th Oct	Basketball	Handball	Yoga
2	17th Oct	Basketball	Handball	Yoga
1	31st Oct	Basketball	Handball	Yoga
2	7th Nov	Football	Dance	Exercise to music
1	14th Nov	Football	Dance	Exercise to music
2	21st Nov	Football	Dance	Exercise to music
1	28th Nov	Football	Dance	Exercise to music
2	5th dec	Handball	Basketball	Box Fit
1	6th Dec	Handball	Basketball	Box Fit
2	12th Dec	Handball	Basketball	Box Fit
1	2nd Jan	Futsal	Volleyball	Orienteering
2	9th Jan	Futsal	Volleyball	Orienteering
1	16th Jan	Futsal	Volleyball	Orienteering
2	23rd Jan	Futsal	Volleyball	Orienteering
1	30th Jan	Flag Football	Fitness	Table Tennis
2	20th Feb	Flag Football	Fitness	Table Tennis
1	27th Feb	Flag Football	Fitness	Table Tennis
2	6th March	Table Tennis	Invasion games	Dodgeball
1	13th March	Table Tennis	Invasion games	Dodgeball
2	20th March	Table Tennis	Invasion games	Dodgeball
1	27th March	Table Tennis	Invasion games	Dodgeball
2	17th April	Athletics	Volleyball	Rounders
1	24th April	Athletics	Volleyball	Rounders
2	1st May	Athletics	Volleyball	Rounders
1	8th May	Softball	Athletics	Tennis
2	15th May	Softball	Athletics	Tennis
1	22nd May	Softball	Athletics	Tennis
2	3rd June	Tennis	Rounders	Volleyball
1	12th June	Tennis	Rounders	Volleyball
2	19th June	Tennis	Rounders	Volleyball
1	26th June	Cricket	Tennis	Ultimate Frizbie
2	3rd July	Cricket	Tennis	Ultimate Frizbie
1	10th July	Cricket	Tennis	Ultimate Frizbie
2	17th July	activity week	activity week	activity week
		END OF YEAR		

**Healthy Body Objectives - Taught thought Sustained Vigorous Physical Activity -
Linked to activity on SOW**

Week	Wk bgn	Pathway 1	Pathway 2	Pathway 3
2	5th sept	PE Introduction Lessons		
1	12th Sept	Football	Netball	Speedminton
2	19th Sep	Football	Netball	Speedminton
1	26th Sept	Football	Netball	Speedminton
2	3rd Oct	Football	Netball	Speedminton
1	10th Oct	Rugby	Handball	Yoga
2	17th Oct	Rugby	Handball	Yoga
1	31st Oct	Rugby	Handball	Yoga
2	7th Nov	Rugby	Handball	Yoga
1	14th Nov	Basketball	Dance	Mindful Walking
2	21st Nov	Basketball	Dance	Mindful Walking
1	28th Nov	Basketball	Dance	Mindful Walking
2	5th dec	Handball	Basketball	Box Fit
1	6th Dec	Handball	Basketball	Box Fit
2	12th Dec	Handball	Basketball	Box Fit
1	2nd Jan	Futsal	Volleyball	Orienteering
2	9th Jan	Futsal	Volleyball	Orienteering
1	16th Jan	Futsal	Volleyball	Orienteering
2	23rd Jan	Futsal	Volleyball	Orienteering
1	30th Jan	Flag Football	Fitness	Table Tennis
	20th Feb	Flag Football	Fitness	Table Tennis
2	27th Feb	Flag Football	Fitness	Table Tennis
1	6th March	Flag Football	Fitness	Table Tennis
2	13th March	Fitness	Invasion games	Dodgeball
1	20th March	Fitness	Invasion games	Dodgeball
2	27th March	Fitness	Invasion games	Dodgeball
1	17th April	Fitness	Invasion games	Dodgeball
2	24th April	Football (GCSE)	Rounders	Volleyball
1	1st May	Football (GCSE)	Rounders	Volleyball
2	8th May	Football (GCSE)	Rounders	Volleyball
1	15th May	Softball	Athletics	Tennis
2	22nd May	Softball	Athletics	Tennis