

Wk #	Date	TT Week	7P 1Mon1 1Wed3 1Thur2 2Fri2						7H 1Mon4 1Fri5 2Wed4 2Fri3						7S 1Tue4 1Wed4 1Fri1 2Fri4					
			Ex1	Ex2	Ex3	Ex4	Ex5	Ex6	Ex1	Ex2	Ex3	Ex4	Ex5	Ex6	Ex1	Ex2	Ex3	Ex4	Ex5	Ex6
			Mr. Messenger	Mr. Keep	Mr. Berry/ Mr. Potterton	Mrs. Borthwick / Mrs. Martin	Mrs. Ramirez/ Mrs. Buller	Mrs. Gatehouse/ Mrs. Scott	Mr. Bousfield/ Mr. Howson	Mr. Allard/ Mr. Keep	Mr. Potterton/ Mrs. Borthwick	Mrs. Buller/ Mrs. Ramirez	Mrs. Martin	Mrs. Gatehouse/ Mrs. Scott	Mr. Messenger	Mr. Keep	Mr. Potterton	Mrs. Scott/ Mrs. Wilkins	Mrs. Martin/ Mrs. Gatehouse	Mrs. Ramirez/ Mrs. Borthwick
1	04-Sep-23	1	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction
2	11-Sep-23	2	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction
3	18-Sep-23	1	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction
4	25-Sep-23	2	Rugby	Dance	Swim	Netball	Fitness	Climb	Rugby	Dance	Swim	Netball	Fitness	Climb	Rugby	Dance	Swim	Netball	Fitness	Climb
5	02-Oct-23	1	Rugby	Dance	Swim	Netball	Fitness	Climb	Rugby	Dance	Swim	Netball	Fitness	Climb	Rugby	Dance	Swim	Netball	Fitness	Climb
6	09-Oct-23	2	Rugby	Dance	Swim	Netball	Fitness	Climb	Rugby	Dance	Swim	Netball	Fitness	Climb	Rugby	Dance	Swim	Netball	Fitness	Climb
7	16-Oct-23	1	Rugby	Dance	Swim	Netball	Fitness	Climb	Rugby	Dance	Swim	Netball	Fitness	Climb	Rugby	Dance	Swim	Netball	Fitness	Climb
Autumn Half Term (w/c 23rd October 2023)																				
8	30-Oct-23	2	Dance	Rugby	Climb	Swim	Netball	Fitness	Dance	Rugby	Climb	Swim	Netball	Fitness	Dance	Rugby	Climb	Swim	Netball	Fitness
9	06-Nov-23	1	Dance	Rugby	Climb	Swim	Netball	Fitness	Dance	Rugby	Climb	Swim	Netball	Fitness	Dance	Rugby	Climb	Swim	Netball	Fitness
10	13-Nov-23	2	Dance	Rugby	Climb	Swim	Netball	Fitness	Dance	Rugby	Climb	Swim	Netball	Fitness	Dance	Rugby	Climb	Swim	Netball	Fitness
11	20-Nov-23	1	Tournaments	Tournaments	Tournaments	Rugby	Rugby	Rugby	Tournaments	Tournaments	Tournaments	Rugby	Rugby	Rugby	Tournaments	Tournaments	Tournaments	Rugby	Rugby	Rugby
12	27-Nov-23	2	Climb	Fitness	Rugby	Dance	Swim	Netball	Climb	Fitness	Rugby	Dance	Swim	Netball	Climb	Fitness	Rugby	Dance	Swim	Netball
13	04-Dec-23	1	Climb	Fitness	Rugby	Dance	Swim	Netball	Climb	Fitness	Rugby	Dance	Swim	Netball	Climb	Fitness	Rugby	Dance	Swim	Netball
14	11-Dec-23	2	Climb	Fitness	Rugby	Dance	Swim	Netball	Climb	Fitness	Rugby	Dance	Swim	Netball	Climb	Fitness	Rugby	Dance	Swim	Netball
Christmas (w/c 18th December 2023)																				
15	01-Jan-24	1	Climb	Fitness	Rugby	Dance	Swim	Netball	Climb	Fitness	Rugby	Dance	Swim	Netball	Climb	Fitness	Rugby	Dance	Swim	Netball
16	08-Jan-24	2	X country	X country	X country	X country	X country	X country	X country	X country	X country	X country	X country	X country	X country	X country	X country	X country	X country	X country
17	15-Jan-24	1	Football	Football	Fitness	Climb	Dance	Swim	Football	Football	Fitness	Climb	Dance	Swim	Football	Football	Fitness	Climb	Dance	Swim
18	22-Jan-24	2	Football	Football	Fitness	Climb	Dance	Swim	Football	Football	Fitness	Climb	Dance	Swim	Football	Football	Fitness	Climb	Dance	Swim
19	29-Jan-24	1	Football	Football	Fitness	Climb	Dance	Swim	Football	Football	Fitness	Climb	Dance	Swim	Football	Football	Fitness	Climb	Dance	Swim
20	05-Feb-24	2	Swim	Climb	Football	Fitness	Football	Dance	Swim	Climb	Football	Fitness	Football	Dance	Swim	Climb	Football	Climb	Football	Dance
Spring Half Term (w/c 12th February 2024)																				
21	19-Feb-24	1	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments
22	26-Feb-24	2	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments
23	04-Mar-24	1	Swim	Climb	Football	Fitness	Football	Dance	Swim	Climb	Football	Fitness	Football	Dance	Swim	Climb	Football	Fitness	Football	Dance
24	11-Mar-24	2	Fitness	Swim	Dance	Football	Climbing	Football	Fitness	Swim	Dance	Football	Climb	Football	Fitness	Swim	Dance	Football	Climb	Football
25	18-Mar-24	1	Fitness	Swim	Dance	Football	Climbing	Football	Fitness	Swim	Dance	Football	Climb	Football	Fitness	Swim	Dance	Football	Climb	Football
26	25-Mar-24	2	Fitness	Swim	Dance	Football	Climbing	Football	Fitness	Swim	Dance	Football	Climb	Football	Fitness	Swim	Dance	Football	Climb	Football
Easter break (w/c 1st April 2024)																				
27	15-Apr-24	1	Athletics	Athletics	Tennis	Athletics	Athletics	Volleyball	Athletics	Athletics	Tennis	Athletics	Athletics	Volleyball	Athletics	Athletics	Tennis	Athletics	Athletics	Volleyball
28	22-Apr-24	2	Athletics	Athletics	Tennis	Athletics	Athletics	Volleyball	Athletics	Athletics	Tennis	Athletics	Athletics	Volleyball	Athletics	Athletics	Tennis	Athletics	Athletics	Volleyball
29	29-Apr-24	1	Athletics	Athletics	Tennis	Athletics	Athletics	Volleyball	Athletics	Athletics	Tennis	Athletics	Athletics	Volleyball	Athletics	Athletics	Tennis	Athletics	Athletics	Volleyball
30	06-May-24	2	Tennis	Volleyball	Athletics	Rounders	Volleyball	Athletics	Tennis	Volleyball	Athletics	Rounders	Volleyball	Athletics	Tennis	Volleyball	Athletics	Rounders	Volleyball	Athletics
31	13-May-24	1	Tennis	Volleyball	Athletics	Rounders	Volleyball	Athletics	Tennis	Volleyball	Athletics	Rounders	Volleyball	Athletics	Tennis	Volleyball	Athletics	Rounders	Volleyball	Athletics
32	20-May-24	2	Tennis	Volleyball	Athletics	Rounders	Volleyball	Athletics	Tennis	Volleyball	Athletics	Rounders	Volleyball	Athletics	Tennis	Volleyball	Athletics	Rounders	Volleyball	Athletics
Summer Half Term (w/c 27th May 2024)																				
33	03-Jun-24	1	Volleyball	Cricket	Softball	Tennis	Rounders	Cricket	Volleyball	Cricket	Softball	Tennis	Rounders	Cricket	Volleyball	Cricket	Softball	Tennis	Rounders	Cricket
34	10-Jun-24	2	Volleyball	Cricket	Softball	Tennis	Rounders	Cricket	Volleyball	Cricket	Softball	Tennis	Rounders	Cricket	Volleyball	Cricket	Softball	Tennis	Rounders	Cricket
35	17-Jun-24	1	Volleyball	Cricket	Softball	Tennis	Rounders	Cricket	Volleyball	Cricket	Softball	Tennis	Rounders	Cricket	Volleyball	Cricket	Softball	Tennis	Rounders	Cricket
36	24-Jun-24	2	Cricket	Softball	Volleyball	Volleyball	Tennis	Rounders	Cricket	Softball	Volleyball	Volleyball	Tennis	Rounders	Cricket	Softball	Volleyball	Volleyball	Tennis	Rounders
37	01-Jul-24	1	Cricket	Softball	Volleyball	Volleyball	Tennis	Rounders	Cricket	Softball	Volleyball	Volleyball	Tennis	Rounders	Cricket	Softball	Volleyball	Volleyball	Tennis	Rounders
38	8-Jul-24	2	Cricket	Softball	Volleyball	Volleyball	Tennis	Rounders	Cricket	Softball	Volleyball	Volleyball	Tennis	Rounders	Cricket	Softball	Volleyball	Volleyball	Tennis	Rounders
39	15-Jul-24	1	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments

Summer

Curriculum Knowledge areas of focus:
Wellbeing
Effects of exercise
Musculoskeletal
Warm up/cool down
Components of fitness
Healthy Active Lifestyle