|                |                        |             |                          | <u>7P 1</u>        | Mon1 1We             | d3 1Thur2           | 2Fri2              |                    |                   |                        | <u>7H 1</u>        | LMon4 1Fr                 | i5 2Wed4 2          | Pri3               |                    |   |                          | <u>7S</u>          | 1Tue4 1We            | d4 1Fri1 2          | Fri4                    |                          |
|----------------|------------------------|-------------|--------------------------|--------------------|----------------------|---------------------|--------------------|--------------------|-------------------|------------------------|--------------------|---------------------------|---------------------|--------------------|--------------------|---|--------------------------|--------------------|----------------------|---------------------|-------------------------|--------------------------|
|                |                        |             | Ex1                      | Ex2                | Ex3                  | Ex4                 | Ex5                | Ex6                |                   | Ex1                    | Ex2                | Ex3                       | Ex4                 | Ex5                | Ex6                |   | Ex1                      | Ex2                | Ex3                  | Ex4                 | Ex5                     | Ex6                      |
|                |                        |             | Mr.                      |                    | Mr. Berry/<br>Mr.    | Mrs.<br>Borthwick / | Mrs.<br>Ramirez/   | Mrs.<br>Gatehouse/ | Ro                | Mr.<br>usfield/        | Mr. Allard/        | Mr.<br>Potterton/<br>Mrs. | Mrs. Buller/<br>Mrs | Mrs.               | Mrs.<br>Gatehouse/ |   | Mr.                      |                    | Mr.                  | Mrs. Scott/<br>Mrs. | Mrs.<br>Martin/<br>Mrs. | Mrs.<br>Ramirez/<br>Mrs. |
| Wk#            | Date                   | TT Week     | Messenger                | Mr. Keep           | Potterton            | Mrs. Martin         | Mrs. Buller        | Mrs. Scott         |                   | Howson                 | Mr. Keep           | Borthwick                 | Ramirez             | Marrtin            | Mrs. Scott         |   | Messenger                | Mr. Keep           | Potterton            | Wilkins             | Gatehouse               | Borthwic                 |
| 1              | 04-Sep-23              | 1           | Induction                | Induction          | Induction            | Induction           | Induction          | Induction          | Ind               | duction                | Induction          | Induction                 | Induction           | Induction          | Induction          |   | Induction                | Induction          | Induction            | Induction           | Induction               | Induction                |
| 2              | 11-Sep-23              | 2           | Induction                | Induction          | Induction            | Induction           | Induction          | Induction          | Inc               | duction                | Induction          | Induction                 | Induction           | Induction          | Induction          |   | Induction                | Induction          | Induction            | Induction           | Induction               | Induction                |
| 3              | 18-Sep-23              | 1           | Induction                | Induction          | Induction            | Induction           | Induction          | Induction          |                   | duction                | 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                    |
| 7              | 9-Oct-23<br>16-Oct-23  | 2           | Rugby<br>Rugby           | Dance<br>Dance     | Swim                 | Netball<br>Netball  | Fitness<br>Fitness | Climb<br>Climb     |                   | Rugby<br>Rugby         | Dance<br>Dance     | Swim<br>Swim              | Netball<br>Netball  | Fitness<br>Fitness | Climb              |   | Rugby<br>Rugby           | Dance<br>Dance     | Swim                 | Netball<br>Netball  | Fitness<br>Fitness      | Climb                    |
|                | Ferm (w/c 23rd O       |             | Rugby                    | Dance              | SWIIII               | Netball             | Fittiess           | Cililib            |                   | rugby                  | Dance              | SWIIII                    | Netball             | Fittiess           | Cililib            |   | Ruguy                    | Dance              | JWIIII               | ivetball            | ritiless                | Cillib                   |
| 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              | Tour              | rnaments               | Tournaments        | Tournaments               | Rugby               | Rugby              | Rugby              | 1 | ournaments               | 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                  |
| hristmas (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          |                   | 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               |                   | ootball                | Football           | Fitness                   | Climb               | Dance              | Swim               |   | Football                 | Football           | Fitness              | Climb               | Dance                   | Swim                     |
| 18             | 22-Jan-24              | 2           | Football                 | Football           | Fitness              | Climb               | Dance              | Swim               |                   | ootball                | Football           | Fitness                   | Climb               | Dance              | Swim               |   | Football                 | Football           | Fitness              | Climb               | Dance                   | Swim                     |
| 19             | 29-Jan-24              | 1           | Football                 | Football           | Fitness              | Climb               | Dance              | Swim               |                   | ootball                | 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                    |
| pring Half Ter | rm ( w/c 12th Fel      | ruary 2024) |                          |                    |                      |                     |                    |                    |                   |                        |                    |                           |                     |                    |                    |   |                          |                    |                      |                     | •                       |                          |
| 21             | 19-Feb-24              | 1           | Tournaments              | Tournaments        | Tournaments          | Tournaments         | Tournaments        | Tournaments        | <mark>Tour</mark> | rnaments               | Tournaments        | Tournaments               | Tournaments         | Tournaments        | Tournaments        | Т | ournaments               | Tournaments        | Tournaments          | Tournaments         | Tournaments             | Tourname                 |
| 22             | 26-Feb-24              | 2           | Tournaments              | Tournaments        | Tournaments          | Tournaments         | Tournaments        | Tournaments        | Tour              | rnaments               | Tournaments        | Tournaments               | Tournaments         | Tournaments        | Tournaments        | T | ournaments               | Tournaments        | Tournaments          | Tournaments         | Tournaments             | Tournamer                |
| 23             | 04-Mar-24              | 1           | Swim                     | Climb              | Football             | Fitness             | Football           | Dance              | 9                 | Swim                   | Climb              | Football                  | Fitness             | Football           | Dance              |   | Swim                     | Climb              | Football             | Fitness             | Football                | Dance                    |
| 24             | 11-Mar-24              | 2           | Fitness                  | Swim               | Dance                | Football            | Climbing           | Football           | F                 | itness                 | Swim               | Dance                     | Football            | Climb              | Football           |   | Fitness                  | Swim               | Dance                | Football            | Climb                   | Football                 |
| 25             | 18-Mar-24              | 1           | Fitness                  | Swim               | Dance                | Football            | Climbing           | Football           |                   | itness                 | Swim               | Dance                     | Football            | Climb              | Football           |   | Fitness                  | Swim               | Dance                | Football            | Climb                   | Football                 |
| 26             | 25-Mar-24              | 2           | Fitness                  | Swim               | Dance                | Football            | Climbing           | Football           | F                 | itness                 | Swim               | Dance                     | Football            | Climb              | Football           |   | Fitness                  | Swim               | Dance                | Football            | Climb                   | Football                 |
| aster break (v | w/c 1st April 202      | 4)          |                          |                    |                      |                     |                    |                    |                   |                        |                    |                           |                     |                    |                    |   |                          |                    |                      |                     |                         |                          |
| 27             | 15-Apr-24              | 1           | Athletics                | Athletics          | Tennis               | Athletics           | Athletics          | Volleyball         | At                | thletics               | Athletics          | Tennis                    | Athletics           | Athletics          | Volleyball         |   | Athletics                | Athletics          | Tennis               | Athletics           | Athletics               | Volleyba                 |
| 28             | 22-Apr-24              | 2           | Athletics                | Athletics          | Tennis               | Athletics           | Athletics          | Volleyball         | At                | hletics                | Athletics          | Tennis                    | Athletics           | Athletics          | Volleyball         |   | Athletics                | Athletics          | Tennis               | Athletics           | Athletics               | Volleyba                 |
| 29             | 29-April-24            | 1           | Athletics                | Athletics          | Tennis               | Athletics           | Athletics          | Volleyball         | At                | hletics                | Athletics          | Tennis                    | Athletics           | Athletics          | Volleyball         |   | Athletics                | Athletics          | Tennis               | Athletics           | Athletics               | Volleyba                 |
| 30             | 06-May-24              | 2           | Tennis                   | Volleyball         | Athletics            | Rounders            | Volleyball         | Athletics          | 1                 | 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                |
|                | Term (w/c 27th N       |             | Vallaula II              | Cuicles            | Coftilizati          | Torris              | Down days          | Cuiclist           | 37.11             | louball .              | Cuinlint           | Coft!!!                   | Touris              | Doug d'a re        | Cuichet            |   | Valley In all            | Cuiches            | CoftII               | Torris              | Dour daw                | Catalant                 |
| 33<br>34       | 03-Jun-24              | 2           | Volleyball<br>Volleyball | Cricket            | Softball             | Tennis              | Rounders           | Cricket            |                   | leyball                | Cricket            | Softball                  | Tennis              | Rounders           | Cricket            |   | Volleyball<br>Volleyball | Cricket            | Softball             | Tennis              | Rounders                | Cricket                  |
| 35             | 10-Jun-24<br>17-Jun-24 | 1           | Volleyball               | Cricket<br>Cricket | Softball<br>Softball | Tennis<br>Tennis    | Rounders           | Cricket<br>Cricket |                   | olleyball<br>olleyball | Cricket<br>Cricket | Softball<br>Softball      | Tennis<br>Tennis    | Rounders           | Cricket<br>Cricket |   | Volleyball               | Cricket<br>Cricket | Softball<br>Softball | Tennis<br>Tennis    | Rounders<br>Rounders    | Cricket<br>Cricket       |
| 36             | 24-Jun-24              | 2           | Cricket                  | Softball           | Volleyball           | Volleyball          | Rounders<br>Tennis | Rounders           |                   | Cricket                | Softball           | Volleyball                | Volleyball          | Rounders<br>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         |                    |                    | T |                          |                    | Tournaments          |                     |                         |                          |
|                |                        |             |                          |                    |                      | 1                   |                    | 1                  |                   |                        | - 100              | 1                         | 1                   |                    | 1                  |   |                          | 1                  | 1                    | 1                   | 1                       |                          |

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