

			8P 1Mon5 1Thur3 2Tue3 2Thur1						8H 1Mon2 1Thur1 2Wed1 2Fri5						8S 1Mon3 1Fri3 2Mon1 2Tue2						
Wk #	Date	TT Week	Ex1	Ex2	Ex3	Ex4	Ex5	Ex6	Ex1	Ex2	Ex3	Ex4	Ex5	Ex6	Ex1	Ex2	Ex3	Ex4	Ex5	Ex6	
			Mr. Howson	Mr. Keep	Mr. Potterton	Mrs. Borthwick	Mrs. Martin	Mrs. Ramirez	Mr. Allard	Mr. Messenger	Mr. Keep	Mrs. Borthwick	Mrs. Ramirez / Mrs. Martin	Mrs. Buller	Mr. Allard/ Mr. Keep	Mr. Potterton/ Mr. Keep	Mr. Bousfield / Mr. Messenger	Mrs. Wilkins	Mrs. Martin	Mrs. Gatehouse/ Mrs. Buller	
2	04-Sep-23	1	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	
3	11-Sep-23	2	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	Induction	
4	18-Sep-23	1	Rugby	Swim	Dance	Netball	Fitness	Climbing	Rugby	Swim	Dance	Netball	Fitness	Climbing	Rugby	Swim	Dance	Netball	Fitness	Climbing	
5	25-Sep-23	2	Rugby	Swim	Dance	Netball	Fitness	Climbing	Rugby	Swim	Dance	Netball	Fitness	Climbing	Rugby	Swim	Dance	Netball	Fitness	Climbing	
6	02-Oct-23	1	Rugby	Swim	Dance	Netball	Fitness	Climbing	Rugby	Swim	Dance	Netball	Fitness	Climbing	Rugby	Swim	Dance	Netball	Fitness	Climbing	
7	9-Oct-23	2	Rugby	Swim	Dance	Netball	Fitness	Climbing	Rugby	Swim	Dance	Netball	Fitness	Climbing	Rugby	Swim	Dance	Netball	Fitness	Climbing	
8	16-Oct-23	1	Dance	Rugby	Climbing	Swim	Netball	Fitness	Dance	Rugby	Climbing	Swim	Netball	Fitness	Dance	Rugby	Climbing	Swim	Netball	Fitness	
<b>Autumn Half Term (w/c 23rd October 2022)</b>																					
9	30-Oct-23	2	Dance	Rugby	Climbing	Swim	Netball	Fitness	Dance	Rugby	Climbing	Swim	Netball	Fitness	Dance	Rugby	Climbing	Swim	Netball	Fitness	
10	06-Nov-23	1	Dance	Rugby	Climbing	Swim	Netball	Fitness	Dance	Rugby	Climbing	Swim	Netball	Fitness	Dance	Rugby	Climbing	Swim	Netball	Fitness	
11	13-Nov-23	2	Dance	Rugby	Climbing	Swim	Netball	Fitness	Dance	Rugby	Climbing	Swim	Netball	Fitness	Dance	Rugby	Climbing	Swim	Netball	Fitness	
12	20-Nov-23	1	Tournaments	Tournaments	Tournaments	Rugby	Rugby	Rugby	Tournaments	Tournaments	Tournaments	Rugby	Rugby	Rugby	Tournaments	Tournaments	Tournaments	Rugby	Rugby	Rugby	
13	27-Nov-23	2	Climbing	Fitness	Rugby	Dance	Swim	Netball	Climbing	Fitness	Rugby	Dance	Swim	Netball	Climbing	Fitness	Rugby	Dance	Swim	Netball	
14	04-Dec-23	1	Climbing	Fitness	Rugby	Dance	Swim	Netball	Climbing	Fitness	Rugby	Dance	Swim	Netball	Climbing	Fitness	Rugby	Dance	Swim	Netball	
15	11-Dec-23	2	Climbing	Fitness	Rugby	Dance	Swim	Netball	Climbing	Fitness	Rugby	Dance	Swim	Netball	Climbing	Fitness	Rugby	Dance	Swim	Netball	
<b>Christmas (w/c 19th December 2022)</b>																					
16	01-Jan-24	1	Football	Football	Fitness	Climbing	Dance	Swim	Football	Football	Fitness	Climbing	Dance	Swim	Football	Football	Fitness	Climbing	Dance	Swim	
17	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	
18	15-Jan-24	1	Football	Football	Fitness	Climbing	Dance	Swim	Football	Football	Fitness	Climbing	Dance	Swim	Football	Football	Fitness	Climbing	Dance	Swim	
19	22-Jan-24	2	Football	Football	Fitness	Climbing	Dance	Swim	Football	Football	Fitness	Climbing	Dance	Swim	Football	Football	Fitness	Climbing	Dance	Swim	
20	29-Jan-24	1	Swim	Climbing	Football	Fitness	Football	Dance	Swim	Climbing	Football	Fitness	Football	Dance	Swim	Climbing	Football	Fitness	Football	Dance	
21	05-Feb-24	2	Swim	Climbing	Football	Fitness	Football	Dance	Swim	Climbing	Football	Fitness	Football	Dance	Swim	Climbing	Football	Fitness	Football	Dance	
<b>Spring Half Term ( w/c 12th February 2023)</b>																					
22	19-Feb-24	1	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	
23	26-Feb-24	2	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	Tournaments	
24	04-Mar-24	1	Fitness	Dance	Swim	Football	Climbing	Football	Fitness	Dance	Swim	Football	Climbing	Football	Fitness	Dance	Swim	Football	Climbing	Football	
25	11-Mar-24	2	Fitness	Dance	Swim	Football	Climbing	Football	Fitness	Dance	Swim	Football	Climbing	Football	Fitness	Dance	Swim	Football	Climbing	Football	
26	18-Mar-24	1	Fitness	Dance	Swim	Football	Climbing	Football	Fitness	Dance	Swim	Football	Climbing	Football	Fitness	Dance	Swim	Football	Climbing	Football	
27	25-Mar-24	2	Fitness	Dance	Swim	Football	Climbing	Football	Fitness	Dance	Swim	Football	Climbing	Football	Fitness	Dance	Swim	Football	Climbing	Football	
<b>Summer Half Term (w/c 29th May 2023)</b>																					
28	15-Apr-24	1	Athletics	Athletics	Tennis	Athletics	Athletics	Volleyball	Athletics	Athletics	Tennis	Athletics	Athletics	Volleyball	Athletics	Athletics	Tennis	Athletics	Athletics	Volleyball	
29	22-Apr-24	2	Athletics	Athletics	Tennis	Athletics	Athletics	Volleyball	Athletics	Athletics	Tennis	Athletics	Athletics	Volleyball	Athletics	Athletics	Tennis	Athletics	Athletics	Volleyball	
30	29-April-24	1	Athletics	Athletics	Tennis	Athletics	Athletics	Volleyball	Athletics	Athletics	Tennis	Athletics	Athletics	Volleyball	Athletics	Athletics	Tennis	Athletics	Athletics	Volleyball	
31	06-May-24	2	Tennis	Volleyball	Athletics	Rounders	Volleyball	Athletics	Tennis	Volleyball	Athletics	Rounders	Volleyball	Athletics	Tennis	Volleyball	Athletics	Rounders	Volleyball	Athletics	
32	13-May-24	1	Tennis	Volleyball	Athletics	Rounders	Volleyball	Athletics	Tennis	Volleyball	Athletics	Rounders	Volleyball	Athletics	Tennis	Volleyball	Athletics	Rounders	Volleyball	Athletics	
33	20-May-24	2	Tennis	Volleyball	Athletics	Rounders	Volleyball	Athletics	Tennis	Volleyball	Athletics	Rounders	Volleyball	Athletics	Tennis	Volleyball	Athletics	Rounders	Volleyball	Athletics	
34	03-Jun-24	1	Volleyball	Cricket	Softball	Tennis	Rounders	Cricket	Volleyball	Cricket	Softball	Tennis	Rounders	Cricket	Volleyball	Cricket	Softball	Tennis	Rounders	Cricket	
35	10-Jun-24	2	Volleyball	Cricket	Softball	Tennis	Rounders	Cricket	Volleyball	Cricket	Softball	Tennis	Rounders	Cricket	Volleyball	Cricket	Softball	Tennis	Rounders	Cricket	
36	17-Jun-24	1	Volleyball	Cricket	Softball	Tennis	Rounders	Cricket	Volleyball	Cricket	Softball	Tennis	Rounders	Cricket	Volleyball	Cricket	Softball	Tennis	Rounders	Cricket	
37	24-Jun-24	2	Cricket	Softball	Volleyball	Volleyball	Tennis	Rounders	Cricket	Softball	Volleyball	Volleyball	Tennis	Rounders	Cricket	Softball	Volleyball	Volleyball	Tennis	Rounders	
38	01-Jul-24	1	Cricket	Softball	Volleyball	Volleyball	Tennis	Rounders	Cricket	Softball	Volleyball	Volleyball	Tennis	Rounders	Cricket	Softball	Volleyball	Volleyball	Tennis	Rounders	
39	8-Jul-24	2	Cricket	Softball	Volleyball	Volleyball	Tennis	Rounders	Cricket	Softball	Volleyball	Volleyball	Tennis	Rounders	Cricket	Softball	Volleyball	Volleyball	Tennis	Rounders	
40	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