

|   |             |         | 9X 1Tue1 2Mon3 2Thur3 |                |                              |                |                |                   |                |              | 9Y 1Tue3 1Mon2 2Tue4 |                |                |                |                |                   |              |              |
|---|-------------|---------|-----------------------|----------------|------------------------------|----------------|----------------|-------------------|----------------|--------------|----------------------|----------------|----------------|----------------|----------------|-------------------|--------------|--------------|
|   |             |         | Ex1                   | Ex2            | Ex3                          | Ex4            | Ex5            | Ex6               | Ex7            | Ex8          | Ex1                  | Ex2            | Ex3            | Ex4            | Ex5            | Ex6               | EX7          | Ex8          |
|   |             |         | Mr. Howson            | Mr. Allard     | Mr. Bury/<br>Mr Keep<br>/KEJ | Mr Bousfield   | Mr. Potterton  | Mrs. Borthwick    | Mrs. Gatehouse | Mrs. Martin  | Mr. Allard           | Mr. Messenger  | Mr. Howson     | Mr. Potterton  | Mr. Keep       | Mrs. Ramirez      | Mrs. Martin  | Mrs. Buller  |
| Wk #  | Date        | TT Week |                       |                |                              |                |                |                   |                |              |                      |                |                |                |                |                   |              |              |
| 1   | 04-Sep-23   | 1       | 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    |
| 3   | 18-Sep-23   | 1       | Rugby                 | Badminton/TT   | Fitness                      | Swim           | Handball       | Netball           | Dance          | Climbing     | Rugby                | Badminton/TT   | Fitness        | Swim           | Handball       | Netball           | Dance        | Climbing     |
| 4   | 25-Sep-23   | 2       | Rugby                 | Badminton/TT   | Fitness                      | Swim           | Handball       | Netball           | Dance          | Climbing     | Rugby                | Badminton/TT   | Fitness        | Swim           | Handball       | Netball           | Dance        | Climbing     |
| 5   | 02-Oct-23   | 1       | Rugby                 | Badminton/TT   | Fitness                      | Swim           | Handball       | Netball           | Dance          | Climbing     | Rugby                | Badminton/TT   | Fitness        | Swim           | Handball       | Netball           | Dance        | Climbing     |
| 6   | 9-Oct-23    | 2       | Rugby                 | Badminton/TT   | Fitness                      | Swim           | Handball       | Netball           | Dance          | Climbing     | Rugby                | Badminton/TT   | Fitness        | Swim           | Handball       | Netball           | Dance        | Climbing     |
| 7   | 16-Oct-23   | 1       | Climbing              | Rugby          | Handball                     | Badminton/TT   | Swim           | Dance             | Netball        | Fitness      | Climbing             | Rugby          | Handball       | Badminton/TT   | Swim           | Dance             | Netball      | Fitness      |
| <b>Autumn Half Term (w/c 23rd October 2023)</b>   |             |         |                       |                |                              |                |                |                   |                |              |                      |                |                |                |                |                   |              |              |
| 8   | 30-Oct-23   | 2       | Climbing              | Rugby          | Handball                     | Badminton/TT   | Swim           | Dance             | Netball        | Fitness      | Climbing             | Rugby          | Handball       | Badminton/TT   | Swim           | Dance             | Netball      | Fitness      |
| 9   | 06-Nov-23   | 1       | Climbing              | Rugby          | Handball                     | Badminton/TT   | Swim           | Dance             | Netball        | Fitness      | Climbing             | Rugby          | Handball       | Badminton/TT   | Swim           | Dance             | Netball      | Fitness      |
| 10  | 13-Nov-23   | 2       | Climbing              | Rugby          | Handball                     | Badminton/TT   | Swim           | Dance             | Netball        | Fitness      | Climbing             | Rugby          | Handball       | Badminton/TT   | Swim           | Dance             | Netball      | Fitness      |
| 11  | 20-Nov-23   | 1       | Street netball        | Street netball | Street netball               | Street netball | Street netball | Rugby             | Rugby          | Rugby        | Street netball       | Street netball | Street netball | Street netball | Street netball | Rugby             | Rugby        | Rugby        |
| 12  | 27-Nov-23   | 2       | Football              | Swim           | Rugby                        | Climbing       | Fitness        | Badminton/TT      | Football       | Dance        | Football             | Swim           | Rugby          | Climbing       | Fitness        | Badminton/TT      | Football     | Dance        |
| 13  | 04-Dec-23   | 1       |                       | Swim           | Rugby                        | Climbing       | Fitness        | Badminton/TT      | Football       | Dance        | Football             | Swim           | Rugby          | Climbing       | Fitness        | Badminton/TT      | Football     | Dance        |
| 14  | 11-Dec-23   | 2       | Football              | Swim           | Rugby                        | Climbing       | Fitness        | Badminton/TT      | Football       | Dance        | Football             | Swim           | Rugby          | Climbing       | Fitness        | Badminton/TT      | Football     | Dance        |
| <b>Christmas (w/c 18th December 2023)</b>         |             |         |                       |                |                              |                |                |                   |                |              |                      |                |                |                |                |                   |              |              |
| 15  | 01-Jan-24   | 1       | Handball              | Football       | Swim                         | Football       | Climbing       | Fitness           | Badminton/TT   | Netball      | Handball             | Football       | Swim           | Football       | Climbing       | Fitness           | Badminton/TT | 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    |
| 17  | 15-Jan-24   | 1       | Handball              | Football       | Swim                         | Football       | Climbing       | Fitness (outdoor) | Badminton/TT   | Netball      | Handball             | Football       | Swim           | Football       | Climbing       | Fitness (outdoor) | Badminton/TT | Netball      |
| 18  | 22-Jan-24   | 2       | Handball              | Football       | Swim                         | Football       | Climbing       | Fitness           | Badminton/TT   | Netball      | Handball             | Football       | Swim           | Football       | Climbing       | Fitness           | Badminton/TT | Netball      |
| 19  | 29-Jan-24   | 1       | Swim                  | Handball       | Football                     | Fitness        | Rugby          | Climbing          | Fitness        | Badminton/TT | Swim                 | Handball       | Football       | Fitness        | Rugby          | Climbing          | Fitness      | Badminton/TT |
| 20  | 05-Feb-24   | 2       | Swim                  | Handball       | Football                     | Fitness        | Rugby          | Climbing          | Fitness        | Badminton/TT | Swim                 | Handball       | Football       | Fitness        | Rugby          | Climbing          | Fitness      | Badminton/TT |
| <b>Spring Half Term ( w/c 12th February 2024)</b> |             |         |                       |                |                              |                |                |                   |                |              |                      |                |                |                |                |                   |              |              |
| 21  | 19-Feb-24   | 1       | 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  |
| 23  | 04-Mar-24   | 1       | Fitness               | Fitness        | Badminton/TT                 | Rugby          | Swim           | Football          | Climbing       | Football     | Fitness              | Fitness        | Badminton/TT   | Rugby          | Swim           | Football          | Climbing     | Football     |
| 24  | 11-Mar-24   | 2       | Fitness               | Fitness        | Badminton/TT                 | Rugby          | Swim           | Football          | Climbing       | Football     | Fitness              | Fitness        | Badminton/TT   | Rugby          | Swim           | Football          | Climbing     | Football     |
| 25  | 18-Mar-24   | 1       | Fitness               | Fitness        | Badminton/TT                 | Rugby          | Swim           | Football          | Climbing       | Football     | Fitness              | Fitness        | Badminton/TT   | Rugby          | Swim           | Football          | Climbing     | Football     |
| 26  | 25-Mar-24   | 2       | Fitness               | Fitness        | Badminton/TT                 | Rugby          | Swim           | Football          | Climbing       | Football     | Fitness              | Fitness        | Badminton/TT   | Rugby          | Swim           | Football          | Climbing     | Football     |
| <b>Easter break (w/c 1st April 2024)</b>          |             |         |                       |                |                              |                |                |                   |                |              |                      |                |                |                |                |                   |              |              |
| 27  | 15-Apr-24   | 1       | Athletics             | Athletics      | Athletics                    | Volleyball     | Tennis         | Athletics         | Athletics      | Volleyball   | Athletics            | Athletics      | Athletics      | Volleyball     | Tennis         | Athletics         | Athletics    | Volleyball   |
| 28  | 22-Apr-24   | 2       | Athletics             | Athletics      | Athletics                    | Volleyball     | Tennis         | Athletics         | Athletics      | Volleyball   | Athletics            | Athletics      | Athletics      | Volleyball     | Tennis         | Athletics         | Athletics    | Volleyball   |
| 29  | 29-April-24 | 1       | Athletics             | Athletics      | Athletics                    | Volleyball     | Tennis         | Athletics         | Athletics      | Volleyball   | Athletics            | Athletics      | Athletics      | Volleyball     | Tennis         | Athletics         | Athletics    | Volleyball   |
| 30  | 06-May-24   | 2       | Cricket               | Volleyball     | Softball                     | Athletics      | Volleyball     | Tennis            | Rounders       | Athletics    | Cricket              | Volleyball     | Softball       | Athletics      | Volleyball     | Tennis            | Rounders     | Athletics    |
| 31  | 13-May-24   | 1       | Cricket               | Volleyball     | Softball                     | Athletics      | Volleyball     | Tennis            | Rounders       | Athletics    | Cricket              | Volleyball     | Softball       | Athletics      | Volleyball     | Tennis            | Rounders     | Athletics    |
| 32  | 20-May-24   | 2       | Cricket               | Volleyball     | Softball                     | Athletics      | Volleyball     | Tennis            | Rounders       | Athletics    | Cricket              | Volleyball     | Softball       | Athletics      | Volleyball     | Tennis            | Rounders     | Athletics    |
| <b>Summer Half Term (w/c 27th May 2024)</b>       |             |         |                       |                |                              |                |                |                   |                |              |                      |                |                |                |                |                   |              |              |
| 33  | 03-Jun-24   | 1       | Tennis                | Cricket        | Volleyball                   | Softball       | Athletics      | Rounders          | Volleyball     | Cricket      | Tennis               | Cricket        | Volleyball     | Softball       | Athletics      | Rounders          | Volleyball   | Cricket      |
| 34  | 10-Jun-24   | 2       | Tennis                | Cricket        | Volleyball                   | Softball       | Athletics      | Rounders          | Volleyball     | Cricket      | Tennis               | Cricket        | Volleyball     | Softball       | Athletics      | Rounders          | Volleyball   | Cricket      |
| 35  | 17-Jun-24   | 1       | Tennis                | Cricket        | Volleyball                   | Softball       | Athletics      | Rounders          | Volleyball     | Cricket      | Tennis               | Cricket        | Volleyball     | Softball       | Athletics      | Rounders          | Volleyball   | Cricket      |
| 36  | 24-Jun-24   | 2       | Volleyball            | Softball       | Cricket                      | Cricket        | Softball       | Volleyball        | Tennis         | Rounders     | Volleyball           | Softball       | Cricket        | Cricket        | Softball       | Volleyball        | Tennis       | Rounders     |
| 37  | 01-Jul-24   | 1       | Volleyball            | Softball       | Cricket                      | Cricket        | Softball       | Volleyball        | Tennis         | Rounders     | Volleyball           | Softball       | Cricket        | Cricket        | Softball       | Volleyball        | Tennis       | Rounders     |
| 38  | 8-Jul-24    | 2       | Volleyball            | Softball       | Cricket                      | Cricket        | Softball       | Volleyball        | Tennis         | Rounders     | Volleyball           | Softball       | Cricket        | Cricket        | Softball       | Volleyball        | Tennis       | Rounders     |
| 39  | 15-Jul-24   | 1       |                       |                |                              |                |                |                   |                |              |                      |                |                |                |                |                   |              |              |
| <b>Summer</b>                                     |             |         |                       |                |                              |                |                |                   |                |              |                      |                |                |                |                |                   |              |              |

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