

The Samworth Church Academy

Curriculum Journey: Physical Education

Additional uniform requirements for each activity:

Football – football boots and shin pads

Rugby – football boots

Lacrosse – football boots

Hockey – shin pads

Year 7

Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
7S1	Netball	Rugby	Gymnastics	Basketball	Athletics	Rounders
7S2	Rugby	Netball	Basketball	Gymnastics	Athletics	Rounders
7S3	Rugby	Gymnastics	Netball	Fitness	Rounders	Athletics
7S4	Netball	Basketball	Gymnastics	Rugby	Rounders	Athletics
7S5	Rugby	Netball	Basketball	Fitness	Athletics	Rounders
7C1	Netball	Gymnastics	Basketball	Rugby	Athletics	Rounders
7C2	Rugby	Netball	Gymnastics	Fitness	Athletics	Rounders
7C3	Gymnastics	Rugby	Netball	Basketball	Rounders	Athletics

Year 8

Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
8S1	Football	Rugby	Netball	Table Tennis	Athletics	Outdoor Ed
	Handball	Basketball	Fitness	Badminton	Cricket	Tennis
8S2	Handball	Netball	Fitness	Basketball	Tennis	Cricket
	Table Tennis	Football	Rugby	Netball	Athletics	Outdoor Ed
8S3	Rugby	Table Tennis	Netball	Handball	Outdoor Ed	Cricket
	Football	Gymnastics	Basketball	Fitness	Tennis	Athletics
8S4	Handball	Badminton	Fitness	Basketball	Tennis	Outdoor Ed
	Rugby	Football	Gymnastics	Netball	Cricket	Athletics
8S5	Football	Handball	Basketball	Netball	Outdoor Ed	Athletics
8C1	Football	Table Tennis	Netball	Badminton	Tennis	Athletics
	Basketball	Handball	Fitness	Rugby	Cricket	Outdoor Ed
8C2	Netball	Handball	Table Tennis	Fitness	Cricket	Outdoor Ed
	Rugby	Football	Badminton	Basketball	Athletics	Tennis
8C3	Football	Badminton	Rugby	Table Tennis	Outdoor Ed	Athletics
	Netball	Basketball	Handball	Fitness	Tennis	Cricket
8C4	Gymnastics	Handball	Fitness	Netball	Athletics	Cricket
	Football	Rugby	Basketball	Table Tennis	Outdoor Ed	Tennis
8C5	Football	Netball	Fitness	Handball	Tennis	Outdoor Ed

Year 9

Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
9S1	Hockey	Netball	Handball	Fitness	Athletics	Cricket
	Table Tennis	Badminton	Football	Lacrosse	Rounders	Tennis
9S2	Football	Badminton	Lacrosse	Table Tennis	Rounders	Tennis
	Hockey	Handball	Fitness	Netball	Athletics	Cricket
9S3	Hockey	Lacrosse	Fitness	Badminton	Tennis	Athletics
	Handball	Football	Volleyball	Netball	Cricket	Rounders
9S4	Handball	Table Tennis	Netball	Volleyball	Athletics	Cricket
	Football	Badminton	Fitness	Hockey	Rounders	Tennis
9S5	Hockey	Volleyball	Fitness	Table Tennis	Rounders	Cricket
	Football	Handball	Netball	Badminton	Tennis	Athletics
9C1	Hockey	Table Tennis	Lacrosse	Volleyball	Athletics	Cricket
	Netball	Handball	Fitness	Football	Rounders	Tennis
9C2	Netball	Handball	Football	Fitness	Rounders	Tennis
	Hockey	Badminton	Lacrosse	Table Tennis	Athletics	Cricket
9C3	Football	Netball	Fitness	Hockey	Cricket	Athletics
	Handball	Volleyball	Table Tennis	Badminton	Tennis	Rounders
9C4	Table Tennis	Badminton	Fitness	Volleyball	Athletics	Rounders
	Hockey	Table Tennis	Netball	Football	Cricket	Tennis
9C5	Hockey	Football	Badminton	Fitness	Cricket	Tennis
	Table Tennis	Handball	Lacrosse	Netball	Athletics	Rounders

Year 10

Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
10S1	Handball	Trampolining	Fitness	Lacrosse	Alt Activities	S and F
	Football	Rugby	Alt Activities	Basketball	Tennis	Athletics
10S2	Football	Rugby	Alt Activities	Basketball	Tennis	Athletics
	Handball	Trampolining	Fitness	Lacrosse	Alt Activities	S and F
10S3	Netball	Lacrosse	Handball	Fitness	Alt Activities	Tennis
	Trampolining	Basketball	Football	Alt Activities	S and F	Athletics
10S4	Lacrosse	Basketball	Trampolining	Alt Activities	S and F	Athletics
	Netball	Handball	Badminton	Handball	Alt Activities	Tennis
10C1	Rugby	Trampolining	Fitness	Handball	Alt Activities	S and F
	Football	Alt Activities	Lacrosse	Basketball	Tennis	Athletics
10C2	Football	Alt Activities	Lacrosse	Basketball	Tennis	Athletics
	Rugby	Trampolining	Fitness	Handball	Alt Activities	S and F
10C3	Alt Activities	Handball	Football	Netball	Athletics	Tennis
	Trampolining	Lacrosse	Basketball	Fitness	Alt Activities	S and F
10C4	Alt Activities	Lacrosse	Basketball	Fitness	Alt Activities	S and F
	Trampolining	Handball	Football	Netball	Athletics	Tennis

Year 11

Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
11S1	Pathways	Pathways	Pathways	Pathways	Pathways	
11S2	Pathways	Pathways	Pathways	Pathways	Pathways	
11S3	Pathways	Pathways	Pathways	Pathways	Pathways	
11S4	Pathways	Pathways	Pathways	Pathways	Pathways	
11C1	Pathways	Pathways	Pathways	Pathways	Pathways	
11C2	Pathways	Pathways	Pathways	Pathways	Pathways	
11C3	Pathways	Pathways	Pathways	Pathways	Pathways	
11C4	Pathways	Pathways	Pathways	Pathways	Pathways	