

Physical Education Year 4/5: 2023 – 2024



Willow Bank School
Learn Grow Achieve Together

Week 1 4 SEPT <small>INSET MON/TUES</small>	Week 2 11 SEPT	Week 3 18 SEPT	Week 4 25 SEPT	Week 5 2 OCT	Week 6 9 OCT	Week 7 16 OCT	Week 8 23 OCT <small>INSET FRI</small>
Basketball		Tag Rugby			Football		
Holiday 30 OCT	Week 9 6 NOV	Week 10 13 NOV	Week 11 20 NOV	Week 12 27 NOV	Week 13 4 DEC	Week 14 11 DEC	Week 15 18 DEC
Ultimate Frisbee			Multi Skills				
Holiday 25 DEC	Holiday 1 JAN	Week 16 8 JAN	Week 17 15 JAN	Week 18 22 JAN	Week 19 29 JAN	Week 20 5 FEB	Holiday 12 FEB
Fitness			Volleyball				
Week 21 19 FEB	Week 22 26 FEB	Week 23 4 MAR	Week 24 11 MAR	Week 25 18 MAR	Week 26 25 MAR	Holiday 1 APR	Holiday 8 APR
Gymnastics				Trampolining			
Week 27 15 APR	Week 28 22 APR	Week 29 29 APR	Week 30 6 MAY <small>BHOL MONDAY</small>	Week 31 13 MAY	Week 32 20 MAY	Holiday 27 MAY	Week 33 3 JUN
Table Tennis			Badminton				Multi Skills
Week 34 10 JUN	Week 35 17 JUN	Week 36 24 JUN	Week 37 1 JUL	Week 38 8 JUL	Week 39 15 JUL	Holiday 22 JUL <small>INSET MON/TUES</small>	Holiday 29 JUL
Athletics			Rounders				

Physical Education Year 6: 2023 - 2024



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Week 1 4 SEPT INSET MON/TUES	Week 2 11 SEPT	Week 3 18 SEPT	Week 4 25 SEPT	Week 5 2 OCT	Week 6 9 OCT	Week 7 16 OCT	Week 8 23 OCT INSET FRI
Football				Tag Rugby			
Holiday 30 OCT	Week 9 6 NOV	Week 10 13 NOV	Week 11 20 NOV	Week 12 27 NOV	Week 13 4 DEC	Week 14 11 DEC	Week 15 18 DEC
Basketball				Multi skills			
Holiday 25 DEC	Holiday 1 JAN	Week 16 8 JAN	Week 17 15 JAN	Week 18 22 JAN	Week 19 29 JAN	Week 20 5 FEB	Holiday 12 FEB
Fitness				Volleyball			
Week 21 19 FEB	Week 22 26 FEB	Week 23 4 MAR	Week 24 11 MAR	Week 25 18 MAR	Week 26 25 MAR	Holiday 1 APR	Holiday 8 APR
Gymnastics				Trampolining			
Week 27 15 APR	Week 28 22 APR	Week 29 29 APR	Week 30 6 MAY BHOL MONDAY	Week 31 13 MAY	Week 32 20 MAY	Holiday 27 MAY	Week 33 3 JUN
Table Tennis			Badminton				Multi skills
Week 34 10 JUN	Week 35 17 JUN	Week 36 24 JUN	Week 37 1 JUL	Week 38 8 JUL	Week 39 15 JUL	Holiday 22 JUL INSET MON/TUES	Holiday 29 JUL
Athletics			Rounders				

Physical Education Year 7: 2023 - 2024



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Learn Grow Achieve Together

Week 1 4 SEPT <small>INSET MON/TUES</small>	Week 2 11 SEPT	Week 3 18 SEPT	Week 4 25 SEPT	Week 5 2 OCT	Week 6 9 OCT	Week 7 16 OCT	Week 8 23 OCT <small>INSET FRI</small>
Gymnastics			Rugby			Football	
Holiday 30 OCT	Week 9 6 NOV	Week 10 13 NOV	Week 11 20 NOV	Week 12 27 NOV	Week 13 4 DEC	Week 14 11 DEC	Week 15 18 DEC
Basketball			Handball				
Holiday 25 DEC	Holiday 1 JAN	Week 16 8 JAN	Week 17 15 JAN	Week 18 22 JAN	Week 19 29 JAN	Week 20 5 FEB	Holiday 12 FEB
Table Tennis			Volleyball				
Week 21 19 FEB	Week 22 26 FEB	Week 23 4 MAR	Week 24 11 MAR	Week 25 18 MAR	Week 26 25 MAR	Holiday 1 APR	Holiday 8 APR
Multi skills			Trampolining				
Week 27 15 APR	Week 28 22 APR	Week 29 29 APR	Week 30 6 MAY <small>BHOL MONDAY</small>	Week 31 13 MAY	Week 32 20 MAY	Holiday 27 MAY	Week 33 3 JUN
Badminton			Ultimate Frisbee				
Week 34 10 JUN	Week 35 17 JUN	Week 36 24 JUN	Week 37 1 JUL	Week 38 8 JUL	Week 39 15 JUL	Holiday 22 JUL <small>INSET MON/TUES</small>	Holiday 29 JUL
Athletics			Baseball				

Physical Education Year 8: 2023 - 2024



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Week 1 4 SEPT <small>INSET MON/TUES</small>	Week 2 11 SEPT	Week 3 18 SEPT	Week 4 25 SEPT	Week 5 2 OCT	Week 6 9 OCT	Week 7 16 OCT	Week 8 23 OCT <small>INSET FRI</small>
Gymnastics			Tchoukball			Football	
Holiday 30 OCT	Week 9 6 NOV	Week 10 13 NOV	Week 11 20 NOV	Week 12 27 NOV	Week 13 4 DEC	Week 14 11 DEC	Week 15 18 DEC
	Basketball			Volleyball			TT
Holiday 25 DEC	Holiday 1 JAN	Week 16 8 JAN	Week 17 15 JAN	Week 18 22 JAN	Week 19 29 JAN	Week 20 5 FEB	Holiday 12 FEB
		Table Tennis		Badminton			
Week 21 19 FEB	Week 22 26 FEB	Week 23 4 MAR	Week 24 11 MAR	Week 25 18 MAR	Week 26 25 MAR	Holiday 1 APR	Holiday 8 APR
Football			Trampolining				
Week 27 15 APR	Week 28 22 APR	Week 29 29 APR	Week 30 6 MAY <small>BHOL MONDAY</small>	Week 31 13 MAY	Week 32 20 MAY	Holiday 27 MAY	Week 33 3 JUN
Ultimate Frisbee/ Rugby			HRF				
Week 34 10 JUN	Week 35 17 JUN	Week 36 24 JUN	Week 37 1 JUL	Week 38 8 JUL	Week 39 15 JUL	Holiday 22 JUL <small>INSET MON/TUES</small>	Holiday 29 JUL
Athletics			Tennis				

Physical Education Year 9: 2023 - 2024



Willow Bank School
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Week 1 4 SEPT <small>INSET MON/TUES</small>	Week 2 11 SEPT	Week 3 18 SEPT	Week 4 25 SEPT	Week 5 2 OCT	Week 6 9 OCT	Week 7 16 OCT	Week 8 23 OCT <small>INSET FRI</small>
Gymnastics			Tchoukball			Football	
Holiday 30 OCT	Week 9 6 NOV	Week 10 13 NOV	Week 11 20 NOV	Week 12 27 NOV	Week 13 4 DEC	Week 14 11 DEC	Week 15 18 DEC
	Basketball			Volleyball			TT
Holiday 25 DEC	Holiday 1 JAN	Week 16 8 JAN	Week 17 15 JAN	Week 18 22 JAN	Week 19 29 JAN	Week 20 5 FEB	Holiday 12 FEB
		Table Tennis		Badminton			
Week 21 19 FEB	Week 22 26 FEB	Week 23 4 MAR	Week 24 11 MAR	Week 25 18 MAR	Week 26 25 MAR	Holiday 1 APR	Holiday 8 APR
Football			Trampolining				
Week 27 15 APR	Week 28 22 APR	Week 29 29 APR	Week 30 6 MAY <small>BHOL MONDAY</small>	Week 31 13 MAY	Week 32 20 MAY	Holiday 27 MAY	Week 33 3 JUN
Ultimate Frisbee/ Rugby			HRF				
Week 34 10 JUN	Week 35 17 JUN	Week 36 24 JUN	Week 37 1 JUL	Week 38 8 JUL	Week 39 15 JUL	Holiday 22 JUL <small>INSET MON/TUES</small>	Holiday 29 JUL
Athletics			Tennis				

Physical Education Year 10: 2023 - 2024



Willow Bank School
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Week 1 4 SEPT <i>INSET MON/TUES</i>	Week 2 11 SEPT	Week 3 18 SEPT	Week 4 25 SEPT	Week 5 2 OCT	Week 6 9 OCT	Week 7 16 OCT	Week 8 23 OCT <i>INSET FRI</i>
Core P.E. Gymnastics			Core P.E. Tchoukball			Core P.E. Football	
Holiday 30 OCT	Week 9 6 NOV	Week 10 13 NOV	Week 11 20 NOV	Week 12 27 NOV	Week 13 4 DEC	Week 14 11 DEC	Week 15 18 DEC
	BTEC Sport Uni 1: Topic A1 Components of Physical Fitness		BTEC Sport Unit 1: Topic A2 Components of Skill Related Fitness		BTEC Sport Unit 1: Topic A3	BTEC Sport Unit 1: Topic A3 + A4	BTEC Sport Unit 1: Topic A5 + A6
Holiday 25 DEC	Holiday 1 JAN	Week 16 8 JAN	Week 17 15 JAN	Week 18 22 JAN	Week 19 29 JAN	Week 20 5 FEB	Holiday 12 FEB
		BTEC Sport Uni 1: Topic B1, B2, B3 + B4: Explore different fitness training methods					
Week 21 19 FEB	Week 22 26 FEB	Week 23 4 MAR	Week 24 11 MAR	Week 25 18 MAR	Week 26 25 MAR	Holiday 1 APR	Holiday 8 APR
BTEC Sport Uni 1: Topic C1, C2, C3 + C4: Learning aim C: Investigate fitness testing to determine fitness levels			BTEC Sport Unit 2: Learning Aim A: Understanding Rules, Regulation and scoring systems				
Week 27 15 APR	Week 28 22 APR	Week 29 29 APR	Week 30 6 MAY <i>BHOL MONDAY</i>	Week 31 13 MAY	Week 32 20 MAY	Holiday 27 MAY	Week 33 3 JUN
BTEC Sport Unit 2: Learning Aim A: Understanding Rules, Regulation and scoring systems		BTEC Sport Unit 2: Learning Aim B: Practically Demonstrate skills, techniques and tactics for selected sports					
Week 34 10 JUN	Week 35 17 JUN	Week 36 24 JUN	Week 37 1 JUL	Week 38 8 JUL	Week 39 15 JUL	Holiday 22 JUL <i>INSET MON/TUES</i>	Holiday 29 JUL
BTEC Sport Unit 2: Learning Aim C: Review Sports Performance		BTEC Sport Unit 3: Applying the Principles of Training Learning Aim A: Design a personal fitness training programme					

Physical Education Year 11: 2023 - 2024



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Week 1 4 SEPT <i>INSET MON/TUES</i>	Week 2 11 SEPT	Week 3 18 SEPT	Week 4 25 SEPT	Week 5 2 OCT	Week 6 9 OCT	Week 7 16 OCT	Week 8 23 OCT <i>INSET FRI</i>
BTEC Sport Uni 1: Topic A1 Components of Physical Fitness		BTEC Sport Unit 1: Topic A2 Components of Skill Related Fitness		BTEC Sport Unit 1: Topic A3	BTEC Sport Unit 1: Topic A3 + A4		BTEC Sport Unit 1: Topic A5 + A6
Holiday 30 OCT	Week 9 6 NOV	Week 10 13 NOV	Week 11 20 NOV	Week 12 27 NOV	Week 13 4 DEC	Week 14 11 DEC	Week 15 18 DEC
	BTEC Sport Uni 1: Topic B1, B2, B3 + B4: Explore different fitness training methods				BTEC Sport Uni 1: Topic C1, C2, C3 + C4: Learning aim C: Investigate fitness testing to determine fitness levels		
Holiday 25 DEC	Holiday 1 JAN	Week 16 8 JAN	Week 17 15 JAN	Week 18 22 JAN	Week 19 29 JAN	Week 20 5 FEB	Holiday 12 FEB
		BTEC Sport Unit 2: Learning Aim A: Understanding Rules, Regulation and scoring systems		BTEC Sport Unit 2: Learning Aim B: Practically Demonstrate skills, techniques and tactics for selected sports			
Week 21 19 FEB	Week 22 26 FEB	Week 23 4 MAR	Week 24 11 MAR	Week 25 18 MAR	Week 26 25 MAR	Holiday 1 APR	Holiday 8 APR
BTEC Sport Unit 2: Learning Aim C: Review Sports Performance		BTEC Sport Unit 3: Applying the Principles of Training Learning Aim A: Design a personal fitness training programme					
Week 27 15 APR	Week 28 22 APR	Week 29 29 APR	Week 30 6 MAY <i>BHOL MONDAY</i>	Week 31 13 MAY	Week 32 20 MAY	Holiday 27 MAY	Week 33 3 JUN
BTEC Sport Unit 3: Applying the Principles of Training Learning Aim B: Completing a planned exercise programme			BTEC Sport Unit 3: Applying the Principles of Training Learning Aim C: Reviewing an exercise programme				
Week 34 10 JUN	Week 35 17 JUN	Week 36 24 JUN	Week 37 1 JUL	Week 38 8 JUL	Week 39 15 JUL	Holiday 22 JUL <i>INSET MON/TUES</i>	Holiday 29 JUL