

Physical Education Yr 4/5: 2024 - 2025



Willow Bank School
Learn Grow Achieve Together

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

Physical Education Yr 6: 2024 - 2025



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

Physical Education Yr 7: 2024 - 2025



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

Physical Education Yr 8: 2024 - 2025



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

Physical Education Yr 9: 2024 - 2025



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

Physical Education Yr 10: 2024 - 2025



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Week 1 2 SEPT INSET	Week 2 9 SEPT	Week 3 16 SEPT	Week 4 23 SEPT	Week 5 30 OCT	Week 6 7 OCT	Week 7 14 OCT	Week 8 21 OCT INSET
Core P.E. Gymnastics			Core P.E. Tchoukball			Core P.E. Football	
Holiday 28 OCT	Week 9 4 NOV	Week 10 11 NOV	Week 11 18 NOV	Week 12 25 NOV	Week 13 2 DEC	Week 14 9 DEC	Week 15 16 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 23 DEC	Holiday 30 DEC	Week 16 6 JAN	Week 17 13 JAN	Week 18 20 JAN	Week 19 27 JAN	Week 20 3 FEB	Holiday 10 FEB
		BTEC Sport Uni 1: Topic B1, B2, B3 + B4: Explore different fitness training methods					
Week 21 17 FEB	Week 22 24 FEB	Week 23 3 MAR	Week 24 10 MAR	Week 25 17 MAR	Week 26 24 MAR	Holiday 31 MAR	Holiday 7 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 14 APR	Week 28 21 APR	Week 29 28 APR	Week 30 5 MAY BHOL MONDAY	Week 31 12 MAY	Week 32 19 MAY	Holiday 26 MAY	Week 33 2 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					BTEC Sport Unit 2: Learning Aim C:
Week 34 9 JUN	Week 35 16 JUN	Week 36 23 JUN	Week 37 30 JUN	Week 38 7 JUL	Week 39 14 JUL	Holiday 21 JUL INSET	Holiday 28 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 Yr 11: 2024 - 2025



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Week 1 2 SEPT INSET	Week 2 9 SEPT	Week 3 16 SEPT	Week 4 23 SEPT	Week 5 30 OCT	Week 6 7 OCT	Week 7 14 OCT	Week 8 21 OCT INSET
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 28 OCT	Week 9 4 NOV	Week 10 11 NOV	Week 11 18 NOV	Week 12 25 NOV	Week 13 2 DEC	Week 14 9 DEC	Week 15 16 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 23 DEC	Holiday 30 DEC	Week 16 6 JAN	Week 17 13 JAN	Week 18 20 JAN	Week 19 27 JAN	Week 20 3 FEB	Holiday 10 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 17 FEB	Week 22 24 FEB	Week 23 3 MAR	Week 24 10 MAR	Week 25 17 MAR	Week 26 24 MAR	Holiday 31 MAR	Holiday 7 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 14 APR	Week 28 21 APR	Week 29 28 APR	Week 30 5 MAY BHOL MONDAY	Week 31 12 MAY	Week 32 19 MAY	Holiday 26 MAY	Week 33 2 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 9 JUN	Week 35 16 JUN	Week 36 23 JUN	Week 37 30 JUN	Week 38 7 JUL	Week 39 14 JUL	Holiday 21 JUL INSET	Holiday 28 JUL