

YEAR 7 & YEAR 8 PHYSICAL EDUCATION: PROGRAMME OF STUDY

Autumn Term 2023 -Summer Term 2024

	Y7/8 S1&S2				Y7/8 S3&F			
	Lesson 1:		Lesson 2:		Lesson 1:		Lesson 2:	
Half-Term:	Boys Lesson 1:	Boys Lesson 2:	Girls Lesson 1:	Girls Lesson 2:	Boys Lesson 1:	Boys Lesson 2:	Girls Lesson 1:	Girls Lesson 2:
Half-term 1:	Baseline testing Invasion games-Football MR W	Baseline testing Invasion games-Netball Miss H	Baseline testing Invasion games-Netball Miss H	Baseline testing Invasion games-Football MR W	Baseline testing Invasion games-Football MR W	Baseline testing Invasion games-Netball Miss H	Baseline testing Invasion games-Netball Miss H	Baseline testing Invasion games-Football MR W
	Half-term							
Half-term 2:	Invasion games-Rugby MR W Festive Dodgeball	Health related exercise-Cumberland & Westmorland Wrestling Miss H	Health related exercise-Cumberland & Westmorland Wrestling Miss H Festive Dodgeball	Invasion games-Rugby MR W	Invasion games-Rugby MR W Festive Dodgeball	Health related exercise-Cumberland & Westmorland Wrestling Miss H	Health related exercise-Cumberland & Westmorland Wrestling Miss H Festive Dodgeball	Invasion games-Rugby MR W
	Christmas holidays							
Half-term 3:	Invasion games-Hockey MR W	Performing arts- Dance Miss H	Performing arts- Dance Miss H	Invasion games-Hockey MR W	Invasion games-Hockey MR W	Performing arts- Dance Miss H	Performing arts- Dance Miss H	Invasion games-Hockey MR W
	Half-term holiday							
Half-term 4:	Invasion games-Basketball MR W	Performing arts-Gymnastics Miss H	Performing arts-Gymnastics Miss H	Invasion games-Basketball MR W	Invasion games-Basketball MR W	Performing arts-Gymnastics Miss H	Performing arts-Gymnastics Miss H	Invasion games-Basketball MR W
	Easter Half-term							
Half-term 5:	Performance at maximal levels-Athletics MR W	Striking and fielding-Cricket MR W	Striking and fielding-Rounders Miss H	Performance at maximal levels-Athletics Miss H	Performance at maximal levels-Athletics MR W	Striking and fielding-Cricket MR W	Striking and fielding-Rounders Miss H	Performance at maximal levels-Athletics Miss H
	Half-term holiday							
Half-term 6:	Performance at maximal levels-Athletics MR W	Net games-Tennis MR W	Net games-Tennis Miss H	Performance at maximal levels-Athletics Miss H	Performance at maximal levels-Athletics MR W	Net games-Tennis MR W	Net games-Tennis Miss H	Performance at maximal levels-Athletics Miss H
	Summer holiday							