

# Physical Education

Year 7/8 Physical Education (2023-24)						
	Half-term 1	Half-term 2	Half-term 3	Half-term 4	Half-term 5	Half-term 6
Topic	<b>Invasion Games</b> Football Netball	<b>Invasion Games</b> Rugby  <b>Health Related Exercise</b> Cumberland & Westmorland Wrestling	<b>Invasion Games</b> Hockey  <b>Performing Arts</b> Dance	<b>Invasion Games</b> Basketball  <b>Performing Arts</b> Gymnastics	<b>Performance at Maximal Level</b> Athletics  <b>Striking and Fielding</b> Cricket Rounder's	<b>Performance at Maximal Level</b> Athletics  <b>Net Games</b> Tennis

Year 7/8 Physical Education (2024-25)						
	Half-term 1	Half-term 2	Half-term 3	Half-term 4	Half-term 5	Half-term 6
Topic	<b>Health Related Exercise</b> Fitness & Cross-country <b>Invasion Games</b> Football Netball	<b>Invasion Games</b> Rugby Football Netball	<b>Invasion Games</b> Hockey  <b>Net Games</b> Volleyball	<b>Invasion Games</b> Handball  <b>Performing Arts</b> Trampolining	<b>Performance at Maximal Level</b> Athletics  <b>Striking and Fielding</b> Cricket Rounder's	<b>Performance at Maximal Level</b> Athletics  <b>Striking and Fielding</b> Softball

# Physical Education

Year 9/10 Physical Education (2023-24)						
	Half-term 1	Half-term 2	Half-term 3	Half-term 4	Half-term 5	Half-term 6
Topic	<b>Invasion Games</b> Football Netball	<b>Invasion Games</b> Rugby  <b>Health Related Exercise</b> Fitness & Cross-Country	<b>Invasion Games</b> Basketball  <b>Performing Arts</b> Dance	<b>Invasion Games</b> Hockey  <b>Performing Arts</b> Gymnastics	<b>Performance at Maximal Level</b> Athletics  <b>Striking and Fielding</b> Cricket Rounders	<b>Performance at Maximal Level</b> Athletics  <b>Net Games</b> Tennis

Year 9/10 Physical Education (2024-25)						
	Half-term 1	Half-term 2	Half-term 3	Half-term 4	Half-term 5	Half-term 6
Topic	<b>Invasion Games</b> Rugby  Net games- Volleyball	<b>Invasion Games</b> Netball  Net games- Badminton	<b>Invasion Games</b> Futsal Hockey	<b>Invasion Games</b> Handball  <b>Performing Arts</b> Trampolining	<b>Performance at Maximal Level</b> Athletics  <b>Striking and fielding-</b> Cricket Rounders	<b>Performance at Maximal Level</b> Athletics  <b>Striking and fielding-</b> Softball

# Physical Education

Year 11 Physical Education (2023-24)						
	Half-term 1	Half-term 2	Half-term 3	Half-term 4	Half-term 5	Half-term 6
Topic	<b>Invasion Games</b> Football Netball  <b>Net Games</b> Badminton  <b>Health Related Exercise</b> Dodgeball	<b>Invasion Games</b> Rugby Hockey  <b>Performing Arts</b> Dance  <b>Health Related Exercise</b> Fitness	<b>Invasion Games</b> Fell walking Just Dance  <b>Invasion Games</b> Futsal	<b>Performing Arts</b> Trampolining  <b>Invasion Games</b> Handball Tchoukball Basketball	<b>Striking and Fielding</b> Soft ball Rounders  <b>Health Related Exercise</b> Yoga Cumberland and Westmorland wrestling	NA

Year 11 Physical Education (2024-25)						
	Half-term 1	Half-term 2	Half-term 3	Half-term 4	Half-term 5	Half-term 6
Topic	<b>Invasion Games</b> Football Netball  <b>Net Games</b> Badminton  <b>Health Related Exercise</b> Dodgeball	<b>Invasion Games</b> Rugby Hockey  <b>Performing Arts</b> Dance  <b>Health Related Exercise</b> Fitness	<b>Health Related Exercise</b> Fell walking Just Dance  <b>Invasion Games</b> Futsal	<b>Performing Arts</b> Trampolining  <b>Invasion Games</b> Handball Tchoukball Basketball	<b>Striking and Fielding</b> Soft ball Rounders  <b>Health Related Exercise</b> Yoga Cumberland and Westmorland wrestling	NA