

YEAR 7ab
PE CURRICULUM 14/15

| | | GROUP 4 Boys | GROUP 5 Boys | GROUP 6 Boys |
|---------------|----------------|--|--|--|
| Week 1 | Thurs 2 | Outwitting an opponent (Football) (Fr) | Performing at max levels (Field Athletics) (PDN) | Outwitting an opponent (Rugby) (RPE) |
| Week 2 | Mon 1 | Accurate replication (Gymnastics) (Fr) | Outwitting an opponent (Football) (PDN) | Outwitting an opponent (Court) (RPE) |
| | Wed 2 | Accurate replication (Gymnastics) (Fr) | Outwitting an opponent (Football) (PDN) | Outwitting an opponent (Court) (RPE) |
| | Fri 1 | Outwitting an opponent (Football) (Fr) | Performing at max levels (Field Athletics) (PDN) | Outwitting an opponent (Rugby) (RPE) |

OCTOBER ½ TERM HOLIDAY

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|---------------|----------------|---|---|---|
| Week 1 | Thurs 2 | Outwitting an opponent (Rugby) (Fr) | Accurate replication (Gymnastics) (PDN) | Outwitting an opponent (Football) (RPE) |
| Week 2 | Mon 1 | Outwitting an opponent (Court) (Fr) | Outwitting an opponent (Hockey) (PDN) | Problem solving (OAA) (RPE) |
| | Wed 2 | Outwitting an opponent (Court) (Fr) | Outwitting an opponent (Hockey) (PDN) | Problem solving (OAA) (RPE) |
| | Fri 1 | Outwitting an opponent (Rugby) (Fr) | Accurate replication (Gymnastics) (PDN) | Outwitting an opponent (Football) (RPE) |

CHRISTMAS HOLIDAY

| | | | | |
|---------------|----------------|---|--|---|
| Week 1 | Thurs 2 | Healthy Active Lifestyles (Fr) | Problem solving (OAA) (PDN) | Outwitting an opponent (Hockey) (RPE) |
| Week 2 | Mon 1 | Exploring & communicating ideas (Dance) (DTL) | Outwitting an opponent (Court) (PDN) | Accurate replication (Gymnastics) (RPE) |
| | Wed 2 | Exploring & communicating ideas (Dance) (DTL) | Outwitting an opponent (Court) (PDN) | Accurate replication (Gymnastics) (RPE) |
| | Fri 1 | Healthy Active Lifestyles (Fr) | Problem solving (OAA) (PDN) | Outwitting an opponent (Hockey) (RPE) |

FEBRUARY ½ TERM HOLIDAY

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|---------------|----------------|--|--|---|
| Week 1 | Thurs 2 | Outwitting an opponent (Hockey) (Fr) | Outwitting an opponent (Rugby) (PDN) | Healthy Active Lifestyles (RPE) |
| Week 2 | Mon 1 | Problem solving (OAA) (Fr) | Healthy Active Lifestyles (PDN) | Exploring & communicating ideas (Dance) (DTL) |
| | Wed 2 | Problem solving (OAA) (Fr) | Healthy Active Lifestyles (PDN) | Exploring & communicating ideas (Dance) (DTL) |
| | Fri 1 | Outwitting an opponent (Hockey) (Fr) | Outwitting an opponent (Rugby) (PDN) | Healthy Active Lifestyles (RPE) |

YEAR 7ab
PE CURRICULUM 14/15

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| GROUP 4 Boys | GROUP 5 Boys | GROUP 6 Boys |
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EASTER HOLIDAY

| | | | | |
|---------------|----------------|---|---|--|
| Week 1 | Thurs 2 | Outwitting an opponent (Tennis) (Fr) | Outwitting an opponent (Cricket) (PDN) | Performing at max levels (Track Athletics) (RPE) |
| Week 2 | Mon 1 | Outwitting an opponent (Cricket) (Fr) | Exploring & communicating ideas (<i>Dance</i>) (DTL) | Outwitting an opponent (Tennis) (RPE) |
| | Wed 2 | Outwitting an opponent (Cricket) (Fr) | Exploring & communicating ideas (<i>Dance</i>) (DTL) | Outwitting an opponent (Tennis) (RPE) |
| | Fri 1 | Outwitting an opponent (Tennis) (Fr) | Outwitting an opponent (Cricket) (PDN) | Performing at max levels (Track Athletics) (RPE) |

MAY ½ TERM HOLIDAY

| | | | | |
|---------------|----------------|---|--|--|
| Week 1 | Thurs 2 | Performing at max levels (Field Athletics) (Fr) | Performing at max levels (Track Athletics) (PDN) | Outwitting an opponent (Cricket) (RPE) |
| Week 2 | Mon 1 | Performing at max levels (Track Athletics) (Fr) | Outwitting an opponent (Tennis) (PDN) | Performing at max levels (Field Athletics) (RPE) |
| | Wed 2 | Performing at max levels (Track Athletics) (Fr) | Outwitting an opponent (Tennis) (PDN) | Performing at max levels (Field Athletics) (RPE) |
| | Fri 1 | Performing at max levels (Field Athletics) (Fr) | Performing at max levels (Track Athletics) (PDN) | Outwitting an opponent (Cricket) (RPE) |

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| <u>RULES</u> | <u>PE KIT</u> |
| <p>No jewellery is to be worn during your PE lessons.</p> <p>Hair bands should be brought to tie back long hair - an elastic band will be provided</p> <p>Letters from Parents/Guardians are only accepted if you have a medical condition/injury - PE Kit must still be brought to the lesson to assist in another role ie coach, official, leader</p> <p>Always try your best no matter what the activity or your ability.</p> | <p>The appropriate PE Kit should be brought to every lesson:</p> <p>INDOOR LESSONS <u>Gym/Dance:</u> White T-shirt, Black shorts/Black Leggings (optional) <u>Court/Trampolining:</u> White T-Shirt, Black Shorts/Black Tracksuit Bottoms (optional)/ Black leggings (optional for trampolining,) Purple Socks, Trainers</p> <p>OUTDOOR LESSONS <u>Field/Football/Rugby:</u> Rugby Shirt, Black Shorts/Black Tracksuit bottoms (optional), Purple Socks, Football Boots, Shin Pads, Mouth guard (rugby) <u>Netball/ Healthy Active Lifestyles/Hockey/OAA:</u> Rugby Shirt, Black Shorts/Black Tracksuit bottoms (optional), Purple Socks, Trainers, Shin pads & Mouth guard (hockey) <u>Athletics./Cricket/Rounders/Tennis:</u> White T-Shirt, Black Shorts/Black Tracksuit Bottoms (optional), Purple Socks, Trainers (Up to Oct ½ term holiday & after Easter holiday: Rugby shirt optional)</p> <p>SANCTIONS - PER HALF TERM 3 PE Kit Marks = 15 min detention 4 PE Kit Marks = 30 min detention 5 PE Kit Marks = 1 hour afterschool detention</p> |

YEAR 7ab
PE CURRICULUM 14/15

| | | |
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| GROUP 1 Girls | GROUP 2 Girls | GROUP 3 Girls |
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|---------------|----------------|--|--|--|
| Week 1 | Thurs 2 | Outwitting an opponent (Netball) (Su) | Accurate replication (Trampolining) (Bf) | Accurate replication (Gymnastics) (Ct) |
| Week 2 | Mon 1 | Exploring & communicating ideas (Dance) (DTL) | Outwitting an opponent (Netball) (Bf) | Performing at max levels (Field Athletics) (Ct) |
| | Wed 2 | Exploring & communicating ideas (Dance) (DTL) | Outwitting an opponent (Netball) (Su) | Performing at max levels (Field Athletics) (LHN) |
| | Fri 1 | Outwitting an opponent (Netball) (LCL) | Accurate replication (Trampolining) (Bf) | Accurate replication (Gymnastics) (Ct) |

OCTOBER ½ TERM HOLIDAY

| | | | | |
|---------------|----------------|--|--|---|
| Week 1 | Thurs 2 | Accurate replication (Trampolining) (Bf) | Problem solving (OAA) (Su) | Outwitting an opponent (Netball) (Ct) |
| Week 2 | Mon 1 | Outwitting an opponent (Football) (Bf) | Exploring & communicating ideas (Dance) (DTL) | Outwitting an opponent (Rugby) (Ct) |
| | Wed 2 | Outwitting an opponent (Football) (Su) | Exploring & communicating ideas (Dance) (DTL) | Outwitting an opponent (Rugby) (LHN) |
| | Fri 1 | Accurate replication (Trampolining) (Bf) | Problem solving (OAA) (LCL) | Outwitting an opponent (Netball) (Ct) |

CHRISTMAS HOLIDAY

| | | | | |
|---------------|----------------|--|--|--|
| Week 1 | Thurs 2 | Problem solving (OAA) (Su) | Accurate replication (Gymnastics) (Bf) | Accurate replication (Trampolining) (Ct) |
| Week 2 | Mon 1 | Outwitting an opponent (Hockey) (Bf) | Outwitting an opponent (Rugby) (Fr) | Outwitting an opponent (Football) (Ct) |
| | Wed 2 | Outwitting an opponent (Hockey) (Su) | Outwitting an opponent (Rugby) (Fr) | Outwitting an opponent (Football) (LHN) |
| | Fri 1 | Problem solving (OAA) (LCL) | Accurate replication (Gymnastics) (Bf) | Accurate replication (Trampolining) (Ct) |

FEBRUARY ½ TERM HOLIDAY

| | | | | |
|---------------|----------------|--|--|--|
| Week 1 | Thurs 2 | Accurate replication (Gymnastics) (Bf) | Outwitting an opponent (Football) (Ct) | Problem solving (OAA) (Su) |
| Week 2 | Mon 1 | Outwitting an opponent (Rugby) (RPE) | Outwitting an opponent (Hockey) (Bf) | Outwitting an opponent (Court) (Ct) |
| | Wed 2 | Outwitting an opponent (Rugby) (RPE) | Outwitting an opponent (Hockey) (Su) | Outwitting an opponent (Court) (LHN) |
| | Fri 1 | Accurate replication (Gymnastics) (Bf) | Outwitting an opponent (Football) (Ct) | Problem solving (OAA) (LCL) |

YEAR 7ab
PE CURRICULUM 14/15

| | | |
|--------------------------------|--------------------------------|--------------------------------|
| GROUP 1 Girls | GROUP 2 Girls | GROUP 3 Girls |
|--------------------------------|--------------------------------|--------------------------------|

EASTER HOLIDAY

| | | | | |
|---------------|----------------|--|---|---|
| Week 1 | Thurs 2 | Outwitting an opponent (Rounders) (Su) | Outwitting an opponent (Court) (Bf) | Outwitting an opponent (Hockey) (Ct) |
| Week 2 | Mon 1 | Performing at max levels (Athletics) (PDN) | Performing at max levels (Track Athletics) (Bf) | Outwitting an opponent (Rounders) (Ct) |
| | Wed 2 | Performing at max levels (Athletics) (PDN) | Performing at max levels (Track Athletics) (Su) | Outwitting an opponent (Rounders) (LHN) |
| | Fri 1 | Outwitting an opponent (Rounders) (LCL) | Outwitting an opponent (Court) (Bf) | Outwitting an opponent (Hockey) (Ct) |

MAY ½ TERM HOLIDAY

| | | | | |
|---------------|----------------|--|---|--|
| Week 1 | Thurs 2 | Outwitting an opponent (Tennis) (Ct) | Outwitting an opponent (Rounders) (Bf) | Performing at max levels (Track Athletics) (Su) |
| Week 2 | Mon 1 | Outwitting an opponent (Court) (Ct) | Performing at max levels (Field Athletics) (Bf) | Exploring & communicating ideas (Dance) (DTL) |
| | Wed 2 | Outwitting an opponent (Court) (LHN) | Performing at max levels (Field Athletics) (Su) | Exploring & communicating ideas (Dance) (DTL) |
| | Fri 1 | Outwitting an opponent (Tennis) (Ct) | Outwitting an opponent (Rounders) (Bf) | Performing at max levels (Track Athletics) (LCL) |

RULES

No jewellery is to be worn during your PE lessons.

Hair bands should be brought to tie back long hair - an elastic band will be provided

Letters from Parents/Guardians are only accepted if you have a **medical condition/injury** - PE Kit must still be brought to the lesson to assist in another role ie **coach, official, leader**

Always try your best no matter what the activity or your ability.

PE KIT

The appropriate PE Kit should be brought to **every** lesson:

INDOOR LESSONS

Gym/Dance: White T-shirt, Black shorts/Black Leggings (optional)

Court/Exercising Safely & Effectively/Trampolining: White T-Shirt, Black Shorts/Black Tracksuit Bottoms (optional)/ Black leggings (optional for trampolining), Purple Socks, Trainers

OUTDOOR LESSONS

Field/Football/Rugby: Rugby Shirt, Black Shorts/Black Tracksuit bottoms (optional), Purple Socks, Football Boots, Shin Pads, Mouth guard (rugby)

Netball/Hockey/OAA: Rugby Shirt, Black Shorts/ Black Tracksuit bottoms (optional), Purple Socks, Trainers, Shin pads & Mouth guard (hockey)

Athletics/Cricket/Rounders/Tennis: White T-Shirt, Black Shorts/Black Tracksuit Bottoms (optional), Purple Socks, Trainers

(Up to Oct ½ term holiday & after Easter holiday: Rugby shirt optional)

SANCTIONS - PER HALF TERM

3 PE Kit Marks = 15 min detention 4 PE Kit Marks = 30 min detention

5 PE Kit Marks = 1 hour afterschool detention