

**YEAR 7cd**  
**PE CURRICULUM 14/15**

<b>GROUP 4</b> <b>Boys</b>	<b>GROUP 5</b> <b>Boys</b>	<b>GROUP 6</b> <b>Boys</b>
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<b>Week 1</b>	<b>Wed 5</b>	Accurate replication (Gymnastics) (Fr)	Outwitting an opponent (Football) (PDN)	Outwitting an opponent (Rugby) (RPE)
	<b>Thurs 4</b>	Outwitting an opponent (Football) (Fr)	Performing at max levels (Field Athletics) (PDN)	Outwitting an opponent (Court) (RPE)
<b>Week 2</b>	<b>Mon 3</b>	Accurate replication (Gymnastics) (DWD)	Outwitting an opponent (Football) (PDN)	Outwitting an opponent (Rugby) (RPE)
	<b>Wed 5</b>	Outwitting an opponent (Football) (DWD)	Performing at max levels (Field Athletics) (PDN)	Outwitting an opponent (Court) (LHN)

**OCTOBER ½ TERM HOLIDAY**

<b>Week 1</b>	<b>Wed 5</b>	Outwitting an opponent (Rugby) (Fr)	Accurate replication (Gymnastics) (PDN)	Outwitting an opponent (Football) (RPE)
	<b>Thurs 4</b>	Outwitting an opponent (Court) (Fr)	Outwitting an opponent (Hockey) (PDN)	Problem solving (OAA) (RPE)
<b>Week 2</b>	<b>Mon 3</b>	Outwitting an opponent (Rugby) (DWD)	Accurate replication (Gymnastics) (PDN)	Outwitting an opponent (Football) (RPE)
	<b>Wed 5</b>	Outwitting an opponent (Court) (DWD)	Outwitting an opponent (Hockey) (PDN)	Problem solving (OAA) (LHN)

**CHRISTMAS HOLIDAY**

<b>Week 1</b>	<b>Wed 5</b>	Exploring & communicating ideas (Dance) (DTL)	Problem solving (OAA) (PDN)	Accurate replication (Gymnastics) (RPE)
	<b>Thurs 4</b>	Healthy Active Lifestyles (Fr)	Outwitting an opponent (Court) (PDN)	Outwitting an opponent (Hockey) (RPE)
<b>Week 2</b>	<b>Mon 3</b>	Exploring & communicating ideas (Dance) (DTL)	Problem solving (OAA) (PDN)	Accurate replication (Gymnastics) (RPE)
	<b>Wed 5</b>	Healthy Active Lifestyles (DWD)	Outwitting an opponent (Court) (PDN)	Outwitting an opponent (Hockey) (LHN)

**FEBRUARY ½ TERM HOLIDAY**

<b>Week 1</b>	<b>Wed 5</b>	Problem solving (OAA) (Fr)	Healthy Active Lifestyles (PDN)	Exploring & communicating ideas (Dance) (DTL)
	<b>Thurs 4</b>	Outwitting an opponent (Hockey) (Fr)	Outwitting an opponent (Rugby) (PDN)	Healthy Active Lifestyles (RPE)
<b>Week 2</b>	<b>Mon 3</b>	Problem solving (OAA) (DWD)	Healthy Active Lifestyles (PDN)	Exploring & communicating ideas (Dance) (DTL)
	<b>Wed 5</b>	Outwitting an opponent (Hockey) (DWD)	Outwitting an opponent (Rugby) (PDN)	Healthy Active Lifestyles (LHN)

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**PE CURRICULUM 14/15**

<b>GROUP 4</b> <b>Boys</b>	<b>GROUP 5</b> <b>Boys</b>	<b>GROUP 6</b> <b>Boys</b>
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**EASTER HOLIDAY**

<b>Week 1</b>	<b>Wed 5</b>	Outwitting an opponent (Cricket) (Fr)	Exploring & communicating ideas (Dance)(DTL)	Outwitting an opponent (Tennis) (RPE)
	<b>Thurs 4</b>	Outwitting an opponent (Tennis) (Fr)	Outwitting an opponent (Cricket) (PDN)	Performing at max levels (Track Athletics) (RPE)
<b>Week 2</b>	<b>Mon 3</b>	Outwitting an opponent (Cricket) (DWD)	Exploring & communicating ideas (Dance)(DTL)	Outwitting an opponent (Tennis) (RPE)
	<b>Wed 5</b>	Outwitting an opponent (Tennis) (DWD)	Outwitting an opponent (Cricket) (PDN)	Performing at max levels (Track Athletics) (LHN)

**MAY ½ TERM HOLIDAY**

<b>Week 1</b>	<b>Wed 5</b>	Performing at max levels (Track Athletics) (Fr)	Outwitting an opponent (Tennis) (PDN)	Performing at max levels (Field Athletics) (RPE)
	<b>Thurs 4</b>	Performing at max levels (Field Athletics) (Fr)	Performing at max levels (Track Athletics) (PDN)	Outwitting an opponent (Cricket) (RPE)
<b>Week 2</b>	<b>Mon 3</b>	Performing at max levels (Track Athletics) (DWD)	Outwitting an opponent (Tennis) (PDN)	Performing at max levels (Field Athletics) (RPE)
	<b>Wed 5</b>	Performing at max levels (Field Athletics) (LHN)	Performing at max levels (Track Athletics) (PDN)	Outwitting an opponent (Cricket) (DWD)

**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/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/Healthy Active Lifestyles/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

**YEAR 7cd**  
**PE CURRICULUM 14/15**

<b>GROUP 1</b> <b>Girls</b>	<b>GROUP 2</b> <b>Girls</b>	<b>GROUP 3</b> <b>Girls</b>
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<b>Week 1</b>	<b>Wed 5</b>	Exploring & communicating ideas (Dance) (DTL)	Accurate replication (Trampolining) (Bf)	Outwitting an opponent (Hockey) (Ct)
	<b>Thurs 4</b>	Outwitting an opponent (Netball) (Su)	Outwitting an opponent (Netball) (Bf)	Accurate replication (Gymnastics) (Ct)
<b>Week 2</b>	<b>Mon 3</b>	Exploring & communicating ideas (Dance) (DTL)	Accurate replication (Trampolining) (Bf)	Outwitting an opponent (Hockey) (Ct)
	<b>Wed 5</b>	Outwitting an opponent (Netball) (Su)	Outwitting an opponent (Netball) (Bf)	Accurate replication (Gymnastics) (Ct)

**OCTOBER ½ TERM HOLIDAY**

<b>Week 1</b>	<b>Wed 5</b>	Accurate replication (Trampolining) (Bf)	Exploring & communicating ideas (Dance) (DTL)	Outwitting an opponent (Netball) (Ct)
	<b>Thurs 4</b>	Outwitting an opponent (Football) (Su)	Problem solving (OAA) (Bf)	Outwitting an opponent (Rugby) (Ct)
<b>Week 2</b>	<b>Mon 3</b>	Accurate replication (Trampolining) (Bf)	Exploring & communicating ideas (Dance) (DTL)	Outwitting an opponent (Netball) (Ct)
	<b>Wed 5</b>	Outwitting an opponent (Football) (Su)	Problem solving (OAA) (Bf)	Outwitting an opponent (Rugby) (Ct)

**CHRISTMAS HOLIDAY**

<b>Week 1</b>	<b>Wed 5</b>	Outwitting an opponent (Hockey) (Bf)	Outwitting an opponent (Rugby) (Fr)	Accurate replication (Trampolining) (Ct)
	<b>Thurs 4</b>	Problem solving (OAA) (Su)	Accurate replication (Gymnastics) (Bf)	Outwitting an opponent (Football) (Ct)
<b>Week 2</b>	<b>Mon 3</b>	Outwitting an opponent (Hockey) (Bf)	Outwitting an opponent (Rugby) (DWD)	Accurate replication (Trampolining) (Ct)
	<b>Wed 5</b>	Problem solving (OAA) (Su)	Accurate replication (Gymnastics) (Bf)	Outwitting an opponent (Football) (Ct)

**FEBRUARY ½ TERM HOLIDAY**

<b>Week 1</b>	<b>Wed 5</b>	Outwitting an opponent (Rugby) (RPE)	Outwitting an opponent (Hockey) (Bf)	Outwitting an opponent (Court) (Ct)
	<b>Thurs 4</b>	Accurate replication (Gymnastics) (Su)	Outwitting an opponent (Football) (Bf)	Problem solving (OAA) (Ct)
<b>Week 2</b>	<b>Mon 3</b>	Outwitting an opponent (Rugby) (RPE)	Outwitting an opponent (Hockey) (Bf)	Outwitting an opponent (Court) (Ct)
	<b>Wed 5</b>	Accurate replication (Gymnastics) (Su)	Outwitting an opponent (Football) (Bf)	Problem solving (OAA) (Ct)

**YEAR 7cd**  
**PE CURRICULUM 14/15**

<b>GROUP 1</b> <b>Girls</b>	<b>GROUP 2</b> <b>Girls</b>	<b>GROUP 3</b> <b>Girls</b>
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**EASTER HOLIDAY**

<b>Week 1</b>	<b>Wed 5</b>	Performing at max levels (Athletics) (PDN)	Performing at max levels (Track Athletics) (Bf)	Outwitting an opponent (Rounders) (Ct)
	<b>Thurs 4</b>	Outwitting an opponent (Rounders) (Su)	Outwitting an opponent (Court) (Bf)	Performing at max levels (Field Athletics) (Ct)
<b>Week 2</b>	<b>Mon 3</b>	Performing at max levels (Athletics) (PDN)	Performing at max levels (Track Athletics) (Bf)	Outwitting an opponent (Rounders) (Ct)
	<b>Wed 5</b>	Outwitting an opponent (Rounders) (Su)	Outwitting an opponent (Court) (Bf)	Performing at max levels (Field Athletics) (Ct)

**MAY ½ TERM HOLIDAY**

<b>Week 1</b>	<b>Wed 5</b>	Outwitting an opponent (Court) (Ct)	Performing at max levels (Field Athletics) (Bf)	Exploring & communicating ideas (Dance) (DTL)
	<b>Thurs 4</b>	Outwitting an opponent (Tennis) (Su)	Outwitting an opponent (Rounders) (Bf)	Performing at max levels (Track Athletics) (Ct)
<b>Week 2</b>	<b>Mon 3</b>	Outwitting an opponent (Court) (Ct)	Performing at max levels (Field Athletics) (Bf)	Exploring & communicating ideas (Dance) (DTL)
	<b>Wed 5</b>	Outwitting an opponent (Tennis) (Su)	Outwitting an opponent (Rounders) (Bf)	Performing at max levels (Track Athletics) (Ct)

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**INDOOR LESSONS**

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

Athletics/Cricket/Generic Skills/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**

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