

**YEAR 10x**  
**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>Tues</b> <b>3</b>	Outwitting an Opponent (Rugby) (RPE)	Outwitting an opponent (Football) (PDN)	Outwitting an opponent (Badminton) (Fr)
	<b>Wed</b> <b>3</b>	Outwitting an opponent (Rugby) (RPE)	Outwitting an opponent (Football) (PDN)	Outwitting an opponent (Badminton) (Fr)
<b>Week 2</b>	<b>Tues</b> <b>3</b>	Outwitting an opponent (Basketball) (RPE)	Problem Solving (OAA) (PDN)	Outwitting an opponent (Rugby) (Fr)

**OCTOBER ½ TERM HOLIDAY**

<b>Week 1</b>	<b>Tues</b> <b>3</b>	Outwitting an Opponent (Football) (RPE)	Outwitting an opponent (Badminton) (PDN)	Outwitting an opponent (Astro) (Fr)
	<b>Wed</b> <b>3</b>	Outwitting an opponent (Football) (RPE)	Outwitting an opponent (Badminton) (PDN)	Outwitting an opponent (Astro) (Fr)
<b>Week 2</b>	<b>Tues</b> <b>3</b>	Outwitting an opponent (Basketball) (RPE)	Problem Solving (OAA) (PDN)	Outwitting an opponent (Rugby) (Fr)

**CHRISTMAS HOLIDAY**

<b>Week 1</b>	<b>Tues</b> <b>3</b>	Outwitting an opponent (Badminton) (RPE)	Outwitting an opponent (Astro) (PDN)	Problem Solving (OAA) (Fr)
	<b>Wed</b> <b>3</b>	Outwitting an opponent (Badminton) (RPE)	Outwitting an opponent (Astro) (PDN)	Problem Solving (OAA) (Fr)
<b>Week 2</b>	<b>Tues</b> <b>3</b>	Problem Solving (OAA) (RPE)	Outwitting an opponent (Basketball) (PDN)	Outwitting an opponent (Football) (Fr)

**FEBRUARY ½ TERM HOLIDAY**

<b>Week 1</b>	<b>Tues</b> <b>3</b>	Outwitting an opponent (Astro) (RPE)	Outwitting an opponent (Rugby) ( PDN)	Outwitting an opponent (Basketball) (Fr)
	<b>Wed</b> <b>3</b>	Outwitting an opponent (Astro) (RPE)	Outwitting an opponent (Rugby) (PDN)	Outwitting an opponent (Basketball) (Fr)
<b>Week 2</b>	<b>Tues</b> <b>3</b>	Problem Solving (OAA) (RPE)	Outwitting an opponent Basketball (PDN)	Outwitting an opponent (Football) (Fr)

**YEAR 10x**  
**PE CURRICULUM 14/15**

<b>GROUP 4</b> <b>Mixed</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>Tues</b> <b>3</b>	Outwitting an opponent (Tennis) (RPE)	Performing at max levels (Athletics) (PDN)	Outwitting an opponent (Cricket) (Fr)
	<b>Wed</b> <b>3</b>	Outwitting an opponent (Tennis) (RPE)	Performing at max levels (Athletics) (PDN)	Outwitting an opponent (Cricket) (Fr)
<b>Week 2</b>	<b>Tues</b> <b>3</b>	Outwitting an opponent (Cricket) (RPE)	Outwitting an opponent (Tennis) (PDN)	Performing at max levels (Athletics) (Fr)

**MAY ½ TERM HOLIDAY**

<b>Week 1</b>	<b>Tues</b> <b>3</b>	Performing at max levels (Athletics) (RPE)	Outwitting an opponent (Cricket) (PDN)	Outwitting an opponent (Tennis) (Fr)
	<b>Wed</b> <b>3</b>	Performing at max levels (Athletics) (RPE)	Outwitting an opponent (Cricket) (PDN)	Outwitting an opponent (Tennis) (Fr)
<b>Week 2</b>	<b>Tues</b> <b>3</b>	Outwitting an opponent (Cricket) (RPE)	Outwitting an opponent (Tennis) (PDN)	Performing at max levels (Athletics) (Fr)

**PE RULES**

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

**YEAR 10x  
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>Tues</b> <b>3</b>	Outwitting an opponent (Astro) (LHN)	Problem Solving (OAA) (Bf)	Outwitting an opponent (Basketball) (Ct)
	<b>Wed</b> <b>3</b>	Outwitting an opponent (Astro) (LHN)	Problem Solving (OAA) (Bf)	Outwitting an opponent (Basketball) (Ct)
<b>Week 2</b>	<b>Tues</b> <b>3</b>	Outwitting an opponent (Badminton) (LHN)	Outwitting an opponent (Astro) (Bf)	Outwitting an opponent (Football) (Su)

**OCTOBER  $\frac{1}{2}$  TERM HOLIDAY**

<b>Week 1</b>	<b>Tues</b> <b>3</b>	Outwitting an opponent (Rugby) (LHN)	Outwitting an opponent (Basketball) (Bf)	Problem Solving (OAA) (Ct)
	<b>Wed</b> <b>3</b>	Outwitting an opponent (Rugby) (LHN)	Outwitting an opponent (Basketball) (Bf)	Problem Solving (OAA) (Ct)
<b>Week 2</b>	<b>Tues</b> <b>3</b>	Outwitting an opponent (Badminton) (LHN)	Outwitting an opponent (Astro) (Bf)	Outwitting an opponent (Football) (Su)

**CHRISTMAS HOLIDAY**

<b>Week 1</b>	<b>Tues</b> <b>3</b>	Outwitting an opponent (Basketball) (LHN)	Outwitting an opponent (Football) (Bf)	Outwitting an opponent (Rugby) (Ct)
	<b>Wed</b> <b>3</b>	Outwitting an opponent (Basketball) (LHN)	Outwitting an opponent (Football) (Bf)	Outwitting an opponent (Rugby) (Ct)
<b>Week 2</b>	<b>Tues</b> <b>3</b>	Outwitting an opponent (Football) (LHN)	Outwitting an opponent (Badminton) (Bf)	Outwitting an opponent (Astro) (Su)

**FEBRUARY  $\frac{1}{2}$  TERM HOLIDAY**

<b>Week 1</b>	<b>Tues</b> <b>3</b>	Problem Solving (OAA) (LHN)	Outwitting an opponent (Rugby) (Bf)	Outwitting an opponent (Badminton) (Ct)
	<b>Wed</b> <b>3</b>	Problem Solving (OAA) (LHN)	Outwitting an opponent (Rugby) (Bf)	Outwitting an opponent (Badminton) (Ct)
<b>Week 2</b>	<b>Tues</b> <b>3</b>	Outwitting an opponent (Football) (LHN)	Outwitting an opponent (Badminton) (Bf)	Outwitting an opponent (Astro) (Su)

**YEAR 10x**  
**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>Tues</b> <b>3</b>	Exercising safely & effectively (LHN)	Performing at max levels (Athletics) (Bf)	Outwitting an opponent (Rounders) (Ct)
	<b>Wed</b> <b>3</b>	Exercising safely & effectively (LHN)	Performing at max levels (Athletics) (Bf)	Outwitting an opponent (Rounders) (Ct)
<b>Week 2</b>	<b>Tues</b> <b>3</b>	Outwitting an opponent (Rounders) (LHN)	Exercising safely & effectively (Bf)	Performing at max levels (Athletics) (Su)

**MAY ½ TERM HOLIDAY**

<b>Week 1</b>	<b>Tues</b> <b>3</b>	Performing at max levels (Athletics) (LHN)	Outwitting an opponent (Rounders) (BF)	Exercising safely & effectively (Ct)
	<b>Wed</b> <b>3</b>	Performing at max levels (Athletics) (LHN)	Outwitting an opponent (Rounders) (Bf)	Exercising safely & effectively (Ct)
<b>Week 2</b>	<b>Tues</b> <b>3</b>	Outwitting an opponent (Rounders) (LHN)	Exercising safely & effectively (Bf)	Performing at max levels (Athletics) (Su)

**PE RULES**

<b><u>RULES</u></b>	<b><u>PE KIT</u></b>
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