

YEAR 9X
PE CURRICULUM 14/15

		GROUP 5 Boys	GROUP 6 Boys
Week 1	Tues 1	Performing at max levels (Field Athletics) (PDN)	Outwitting an opponent (Hockey) (RPE)
	Wed 4	Outwitting an opponent (Hockey) (PDN)	Performing at max levels (Field Athletics) (RPE)
Week 2	Tues 2	Performing at max levels (Field Athletics) (PDN)	Outwitting an opponent (Hockey) (RPE)
	Thurs 2	Outwitting an opponent (Hockey) (PDN)	Performing at max levels (Field Athletics) (RPE)

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

Week 1	Tues 1	Exercising safely & effectively (inside) (PDN)	Accurate replication (Gymnastics) (RPE)
	Wed 4	Outwitting an opponent (Football) (PDN)	Outwitting an opponent (Rugby) (RPE)
Week 2	Tues 2	Exercising safely & effectively (inside) (PDN)	Accurate replication (Gymnastics) (RPE)
	Thurs 2	Outwitting an opponent (Football) (PDN)	Outwitting an opponent (Rugby) (RPE)

CHRISTMAS HOLIDAY

Week 1	Tues 1	Exercising safely & effectively (outside) (PDN)	Exercising safely & effectively (inside) (RPE)
	Wed 4	Outwitting an opponent (Rugby) (PDN)	Problem solving (OAA) (RPE)
Week 2	Tues 2	Exercising safely & effectively (outside) (PDN)	Exercising safely & effectively (inside) (RPE)
	Thurs 2	Outwitting an opponent (Rugby) (PDN)	Problem solving (OAA) (RPE)

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

Week 1	Tues 1	Problem solving (OAA) (PDN)	Exercising safely & effectively (outside) (RPE)
	Wed 4	Accurate replication (Gymnastics) (PDN)	Outwitting an opponent (Football) (RPE)
Week 2	Tues 2	Problem solving (OAA) (PDN)	Exercising safely & effectively (outside) (RPE)
	Thurs 2	Accurate replication (Gymnastics) (PDN)	Outwitting an opponent (Football) (RPE)

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GROUP 5 Boys	GROUP 6 Boys
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EASTER HOLIDAY

Week 1	Tues 1	Outwitting an opponent (Cricket) (PDN)	Outwitting an opponent (Tennis) (RPE)
	Wed 4	Performing at max levels (Track Athletics) (PDN)	Outwitting an opponent (Court) (RPE)
Week 2	Tues 2	Outwitting an opponent (Cricket) (PDN)	Outwitting an opponent (Tennis) (RPE)
	Thurs 2	Performing at max levels (Track Athletics) (PDN)	Outwitting an opponent (Court) (RPE)

MAY ½ TERM HOLIDAY

Week 1	Tues 1	Outwitting an opponent (Tennis) (PDN)	Outwitting an opponent (Cricket) (RPE)
	Wed 4	Outwitting an opponent (Court) (PDN)	Performing at max levels (Track Athletics) (RPE)
Week 2	Tues 2	Outwitting an opponent (Tennis) (PDN)	Outwitting an opponent (Cricket) (RPE)
	Thurs 2	Outwitting an opponent (Court) (PDN)	Performing at max levels (Track Athletics) (RPE)

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/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 9X
PE CURRICULUM 14/15

GROUP 1 Girls	GROUP 2 Girls	GROUP 3 Girls	GROUP 4 Girls
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Week 1	Tues 1	Exercising safely & effectively (outside) (Ct)	Performing at maxlevels (Field Athletics) (DWD)	Accurate replication (Gymnastics) (LHN)	Accurate replication (Trampolining) (Bf)
	Wed 4	Problem solving (OAA) (DWD)	Accurate replication (Trampolining) (Ct)	Exercising safely & effectively (inside) (LHN)	Outwitting an opponent (Netball) (Bf)
Week 2	Tues 2	Exercising safely & effectively (outside) (Ct)	Performing at maxlevels (Field Athletics) (DWD)	Accurate replication (Gymnastics) (LHN)	Accurate replication (Trampolining) (Bf)
	Thurs 2	Problem solving (OAA) (DWD)	Accurate replication (Trampolining) (Ct)	Exercising safely & effectively (inside) (Su)	Outwitting an opponent (Netball) (Bf)

OCTOBER ½ TERM HOLIDAY

Week 1	Tues 1	Outwitting an opponent (Netball) (Ct)	Exercising safely & effectively (outside) (DWD)	Outwitting an opponent (Netball) (LHN)	Problem solving (OAA) (Bf)
	Wed 4	Exercising safely & effectively (inside) (Ct)	Outwitting an opponent (Netball) (LHN)	Accurate replication (Trampolining) (Bf)	Outwitting an opponent (Field) (DWD)
Week 2	Tues 2	Outwitting an opponent (Netball) (Ct)	Exercising safely & effectively (outside) (DWD)	Outwitting an opponent (Netball) (LHN)	Problem solving (OAA) (Bf)
	Thurs 2	Exercising safely & effectively (inside) (Ct)	Outwitting an opponent (Netball) (Su)	Accurate replication (Trampolining) (Bf)	Outwitting an opponent (Field) (DWD)

CHRISTMAS HOLIDAY

Week 1	Tues 1	Outwitting an opponent (Field) (Ct)	Accurate replication (Gymnastics) (LHN)	Problem solving (OAA) (DWD)	Outwitting an opponent (Hockey) (Bf)
	Wed 4	Accurate replication (Trampolining) (Ct)	Problem solving (OAA) (DWD)	Outwitting an opponent (Hockey) (LHN)	Accurate replication (Gymnastics) (Bf)
Week 2	Tues 2	Outwitting an opponent (Field) (Ct)	Accurate replication (Gymnastics) (LHN)	Problem solving (OAA) (DWD)	Outwitting an opponent (Hockey) (Bf)
	Thurs 2	Accurate replication (Trampolining) (Ct)	Problem solving (OAA) (DWD)	Outwitting an opponent (Hockey) (Su)	Accurate replication (Gymnastics) (Bf)

FEBRUARY ½ TERM HOLIDAY

Week 1	Tues 1	Accurate replication (Gymnastics) (Ct)	Outwitting an opponent (Hockey) (DWD)	Outwitting an opponent (Field) (LHN)	Outwitting an opponent (Court) (Bf)
	Wed 4	Outwitting an opponent (Hockey) (Ct)	Outwitting an opponent (Field) (DWD)	Outwitting an opponent (Court) (LHN)	Exercising safely & effectively (outside) (Bf)
Week 2	Tues 2	Accurate replication (Gymnastics) (Ct)	Outwitting an opponent (Hockey) (DWD)	Outwitting an opponent (Field) (LHN)	Outwitting an opponent (Court) (Bf)
	Thurs 2	Outwitting an opponent (Hockey) (Ct)	Outwitting an opponent (Field) (DWD)	Outwitting an opponent (Court) (Su)	Exercising safely & effectively (outside) (Bf)

YEAR 9X
PE CURRICULUM 14/15

GROUP 1 Girls	GROUP 2 Girls	GROUP 3 Girls	GROUP 4 Girls
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EASTER HOLIDAY

Week 1	Tues 1	Outwitting an opponent (Rounders) (Ct)	Outwitting an opponent (Court) (DWD)	Performing at maxlevels (Track Athletics) (LHN)	Exercising safely & effectively (inside) (Bf)
	Wed 4	Performing at maxlevels (Athletics) (Ct)	Exercising safely & effectively (inside) (LHN)	Performing at maxlevels (Field Athletics) (DWD)	Outwitting an opponent (Rounders) (Bf)
Week 2	Tues 2	Outwitting an opponent (Rounders) (Ct)	Outwitting an opponent (Court) (DWD)	Performing at maxlevels (Track Athletics) (LHN)	Exercising safely & effectively (inside) (Bf)
	Thurs 2	Performing at maxlevels (Athletics) (Ct)	Exercising safely & effectively (inside) (Su)	Performing at maxlevels (Field Athletics) (DWD)	Outwitting an opponent (Rounders) (Bf)

MAY ½ TERM HOLIDAY

Week 1	Tues 1	Outwitting an opponent (Court) (Ct)	Performing at maxlevels (Track Athletics) (DWD)	Outwitting an opponent (Rounders) (LHN)	Performing at maxlevels (Track Athletics) (Bf)
	Wed 4	Outwitting an opponent (Tennis) (Ct)	Outwitting an opponent (Rounders) (LHN)	Exercising safely & effectively (outside) (DWD)	Performing at maxlevels (Field Athletics) (Bf)
Week 2	Tues 2	Outwitting an opponent (Court) (Ct)	Performing at maxlevels (Track Athletics) (DWD)	Outwitting an opponent (Rounders) (LHN)	Performing at maxlevels (Track Athletics) (Bf)
	Thurs 2	Outwitting an opponent (Tennis) (Ct)	Outwitting an opponent (Rounders) (Su)	Exercising safely & effectively (outside) (DWD)	Performing at maxlevels (Field Athletics) (Bf)

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