

YEAR 8cd
PE CURRICULUM 14/15

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

OCTOBER ½ TERM HOLIDAY

Week 1	Mon 5	Outwitting an opponent (Rugby) (RPE)	Accurate replication (Gymnastics) (DWD)	Exercising safely & effectively (HRE) (PDN)
	Tues 2	Outwitting an opponent (Court) (RPE)	Healthy Active Lifestyles (Fr)	Outwitting an opponent (Football) (PDN)
	Fri 1	Outwitting an opponent (Court) (RPE)	Healthy Active Lifestyles (DWD)	Outwitting an opponent (Football) (PDN)
Week 2	Thurs 3	Outwitting an opponent (Rugby) (RPE)	Accurate replication (Gymnastics) (Fr)	Exercising safely & effectively (HRE) (PDN)

CHRISTMAS HOLIDAY

Week 1	Mon 5	Healthy Active Lifestyles (RPE)	Problem solving (OAA) (DWD)	Accurate replication (Gymnastics) (PDN)
	Tues 2	Exploring & communicating ideas (Dance) (DTL)	Outwitting an opponent (Court) (Fr)	Problem solving (OAA) (PDN)
	Fri 1	Exploring & communicating ideas (Dance) (DTL)	Outwitting an opponent (Court) (DWD)	Problem solving (OAA) (PDN)
Week 2	Thurs 3	Healthy Active Lifestyles (RPE)	Problem solving (OAA) (Fr)	Accurate replication (Gymnastics) (PDN)

FEBRUARY ½ TERM HOLIDAY

Week 1	Mon 5	Exercising safely & effectively (HRE) (RPE)	Outwitting an opponent (Rugby) (DWD)	Healthy Active Lifestyles (PDN)
	Tues 2	Problem solving (OAA) (RPE)	Exercising safely & effectively (HRE) (out) (Fr)	Exploring & communicating ideas (Dance) (DTL)
	Fri 1	Problem solving (OAA) (RPE)	Exercising safely & effectively (HRE) (out) (DWD)	Exploring & communicating ideas (Dance) (DTL)
Week 2	Thurs 3	Exercising safely & effectively (HRE) (RPE)	Outwitting an opponent (Rugby) (Fr)	Healthy Active Lifestyles (PDN)

YEAR 8cd
PE CURRICULUM 14/15

GROUP 1 Girls	GROUP 2 Girls	GROUP 3 Girls
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Week 1	Mon 5	Outwitting an opponent (Netball) (Bf)	Accurate replication (Trampolining) (Ct)	Accurate replication (Gymnastics) (Su)
	Tues 2	Exploring & communicating ideas (Dance) (DTL)	Problem solving (OAA) (LHN)	Outwitting an opponent (Hockey) (Bf)
	Fri 1	Exploring & communicating ideas (Dance) (DTL)	Problem solving (OAA) (Ct)	Outwitting an opponent (Hockey) (Bf)
Week 2	Thurs 3	Outwitting an opponent (Netball) (Bf)	Accurate replication (Trampolining) (Ct)	Accurate replication (Gymnastics) (Su)

OCTOBER ½ TERM HOLIDAY

Week 1	Mon 5	Accurate replication (Trampolining) (Bf)	Outwitting an opponent (Netball) (Ct)	Exercising safely & effectively (HRE) (out) (Su)
	Tues 2	Outwitting an opponent (Field) (Bf)	Exploring & communicating ideas (Dance) (DTL)	Outwitting an opponent (Netball) (LHN)
	Fri 1	Outwitting an opponent (Field) (Bf)	Exploring & communicating ideas (Dance) (DTL)	Outwitting an opponent (Netball) (Ct)
Week 2	Thurs 3	Accurate replication (Trampolining) (Bf)	Outwitting an opponent (Netball) (Ct)	Exercising safely & effectively (HRE) (out) (Su)

CHRISTMAS HOLIDAY

Week 1	Mon 5	Problem solving (OAA) (Bf)	Outwitting an opponent (Field) (Su)	Accurate replication (Trampolining) (Ct)
	Tues 2	Outwitting an opponent (Hockey) (Bf)	Accurate replication (Gymnastics) (LHN)	Outwitting an opponent (Field) (RPE)
	Fri 1	Outwitting an opponent (Hockey) (Bf)	Accurate replication (Gymnastics) (Ct)	Outwitting an opponent (Field) (RPE)
Week 2	Thurs 3	Problem solving (OAA) (Bf)	Outwitting an opponent (Field) (Su)	Accurate replication (Trampolining) (Ct)

FEBRUARY ½ TERM HOLIDAY

Week 1	Mon 5	Accurate replication (Gymnastics) (Bf)	Outwitting an opponent (Hockey) (Ct)	Problem solving (OAA) (Su)
	Tues 2	Exercising safely & effectively (HRE) (Bf)	Exercising safely & effectively (HRE) (LHN)	Outwitting an opponent (Court) (PDN)
	Fri 1	Exercising safely & effectively (HRE) (Bf)	Exercising safely & effectively (HRE) (Ct)	Outwitting an opponent (Court) (PDN)
Week 2	Thurs 3	Accurate replication (Gymnastics) (Bf)	Outwitting an opponent (Hockey) (Ct)	Problem solving (OAA) (Su)

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EASTER HOLIDAY

Week 1	Mon 5	Outwitting an opponent (Rounders) (Bf)	Outwitting an opponent (Court) (Ct)	Performing at max levels (Field Athletics) (Su)
	Tues 2	Performing at max levels (Athletics) (Bf)	Performing at max levels (Track Athletics) (Fr)	Outwitting an opponent (Rounders) (LHN)
	Fri 1	Performing at max levels (Athletics) (Bf)	Performing at max levels (Track Athletics) (DWD)	Outwitting an opponent (Rounders) (Ct)
Week 2	Thurs 3	Outwitting an opponent (Rounders) (Bf)	Outwitting an opponent (Court) (Ct)	Performing at max levels (Field Athletics) (Su)

MAY ½ TERM HOLIDAY

Week 1	Mon 5	Outwitting an opponent (Tennis) (Bf)	Outwitting an opponent (Rounders) (Ct)	Performing at max levels (Track Athletics) (Su)
	Tues 2	Outwitting an opponent (Court) (Bf)	Performing at max levels (Field Athletics) (LHN)	Exploring & communicating ideas (Dance) (DTL)
	Fri 1	Outwitting an opponent (Court) (Bf)	Performing at max levels (Field Athletics) (Ct)	Exploring & communicating ideas (Dance) (DTL)
Week 2	Thurs 3	Outwitting an opponent (Tennis) (Bf)	Outwitting an opponent (Rounders) (Ct)	Performing at max levels (Track Athletics) (Su)

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

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EASTER HOLIDAY

Week 1	Mon 5	Outwitting an opponent (Tennis) (RPE)	Outwitting an opponent (Cricket) (DWD)	Performing at max levels (Track Athletics) (RPE)
	Tues 2	Outwitting an opponent (Cricket) (RPE)	Exploring & communicating ideas (Dance) (DTL)	Outwitting an opponent (Tennis) (PDN)
	Fri 1	Outwitting an opponent (Cricket) (RPE)	Exploring & communicating ideas (Dance) (DTL)	Outwitting an opponent (Tennis) (PDN)
Week 2	Thurs 3	Outwitting an opponent (Tennis) (RPE)	Outwitting an opponent (Cricket) (Fr)	Performing at max levels (Track Athletics) (PDN)

MAY ½ TERM HOLIDAY

Week 1	Mon 5	Performing at max levels (Field Athletics) (RPE)	Performing at max levels (Track Athletics) (DWD)	Outwitting an opponent (Cricket) (PDN)
	Tues 2	Performing at max levels (Track Athletics) (RPE)	Outwitting an opponent (Tennis) (Fr)	Performing at max levels (Field Athletics) (PDN)
	Fri 1	Performing at max levels (Track Athletics) (RPE)	Outwitting an opponent (Tennis) (DWD)	Performing at max levels (Field Athletics) (PDN)
Week 2	Thurs 3	Performing at max levels (Field Athletics) (RPE)	Performing at max levels (Track Athletics) (Fr)	Outwitting an opponent (Cricket) (PDN)

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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

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