

YEAR 10y
PE CURRICULUM 14/15

GROUP 4 Boys	GROUP 5 Boys	GROUP 6 Boys
-------------------------------	-------------------------------	-------------------------------

Week 1	Mon 1	Outwitting an opponent (Rugby) (PDn)	Outwitting an opponent (Football) (RPe)	Outwitting an opponent (Badminton) (Fr)
	Fri 2	Outwitting an opponent (Rugby) (PDn)	Outwitting an opponent (Football) (RPe)	Outwitting an opponent (Badminton) (Fr)
Week 2	Wed 4	Outwitting an Opponent (Basketball) (PDn)	Problem Solving (OAA) (RPe)	Outwitting an opponent (Rugby) (Fr)

OCTOBER ½ TERM HOLIDAY

Week 1	Mon 1	Outwitting an opponent (Football) (PDn)	Outwitting an opponent (Badminton) (RPe)	Outwitting an opponent (Astro) (Fr)
	Fri 2	Outwitting an opponent (Football) (PDn)	Outwitting an opponent (Badminton) (RPe)	Outwitting an opponent (Astro) (Fr)
Week 2	Wed 4	Outwitting an Opponent (Basketball) (PDn)	Problem Solving (OAA) (RPe)	Outwitting an opponent (Rugby) (Fr)

CHRISTMAS HOLIDAY

Week 1	Mon 1	Outwitting an opponent (Badminton) (PDn)	Outwitting an opponent (Astro) (RPe)	Problem Solving (OAA) (Fr)
	Fri 2	Outwitting an opponent (Badminton) (PDn)	Outwitting an opponent (Astro) (RPe)	Problem Solving (OAA) (Fr)
Week 2	Wed 4	Problem Solving (OAA) (PDn)	Outwitting an opponent (Basketball) (RPe)	Outwitting an opponent (Football) (Fr)

FEBRUARY ½ TERM HOLIDAY

Week 1	Mon 1	Outwitting an opponent (Astro) (PDn)	Outwitting an opponent (Rugby) (RPe)	Outwitting an opponent (Basketball) (Fr)
	Fri 2	Outwitting an opponent (Astro) (PDn)	Outwitting an opponent (Rugby) (RPe)	Outwitting an opponent (Basketball) (Fr)
Week 2	Wed 4	Problem Solving (OAA) (PDn)	Outwitting an opponent (Basketball) (RPe)	Outwitting an opponent (Football) (Fr)

YEAR 10y
PE CURRICULUM 14/15

GROUP 4 Mixed	GROUP 5 Boys	GROUP 6 Boys
--------------------------------	-------------------------------	-------------------------------

EASTER HOLIDAY

Week 1	Mon 1	Outwitting an opponent (Tennis) (PDn)	Performing at max levels (Athletics) (RPe)	Outwitting an opponent (Cricket) (Fr)
	Fri 2	Outwitting an opponent (Tennis) (PDn)	Performing at max levels (Athletics) (RPe)	Outwitting an opponent (Cricket) (Fr)
Week 2	Wed 4	Outwitting an opponent (Cricket) (PDn)	Outwitting an opponent (Tennis) (RPe)	Performing at max levels (Athletics) (Fr)

MAY ½ TERM HOLIDAY

Week 1	Mon 1	Performing at max levels (Athletics) (PDn)	Outwitting an opponent (Cricket) (RPe)	Outwitting an opponent (Tennis) (Fr)
	Fri 2	Performing at max levels (Athletics) (PDn)	Outwitting an opponent (Cricket) (RPe)	Outwitting an opponent (Tennis) (Fr)
Week 2	Wed 4	Outwitting an opponent (Cricket) (PDn)	Outwitting an opponent (Tennis) (RPe)	Performing at max levels (Athletics) (Fr)

PE RULES

<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/Exercising Safely & Effectively/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 10y
PE CURRICULUM 14/15

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

Week 1	Mon 1	Outwitting an opponent (Astro) (Su)	Problem Solving (OAA) (Bf)	Outwitting an opponent (Basketball) (Ct)
	Fri 2	Outwitting an opponent (Astro) (Su)	Problem Solving (OAA) (Bf)	Outwitting an opponent (Basketball) (Ct)
Week 2	Wed 4	Outwitting an opponent (Badminton) (Su)	Outwitting an opponent (Astro) (Bf)	Outwitting an opponent (Football) (Ct)

OCTOBER ½ TERM HOLIDAY

Week 1	Mon 1	Outwitting an opponent (Rugby) (Su)	Outwitting an opponent (Basketball) (Bf)	Problem Solving (OAA) (Ct)
	Fri 2	Outwitting an opponent (Rugby) (Su)	Outwitting an opponent (Basketball) (Bf)	Problem Solving (OAA) (Ct)
Week 2	Wed 4	Outwitting an opponent (Badminton) (Su)	Outwitting an opponent (Astro) (Bf)	Outwitting an opponent (Football) (Ct)

CHRISTMAS HOLIDAY

Week 1	Mon 1	Outwitting an opponent (Basketball) (Su)	Outwitting an opponent (Football) (Bf)	Outwitting an opponent (Rugby) (Ct)
	Fri 2	Outwitting an opponent (Basketball) (Su)	Outwitting an opponent (Football) (Bf)	Outwitting an opponent (Rugby) (Ct)
Week 2	Wed 4	Outwitting an opponent (Football) (Su)	Outwitting an opponent (Badminton) (Bf)	Outwitting an opponent (Astro) (Ct)

FEBRUARY ½ TERM HOLIDAY

Week 1	Mon 1	Problem Solving (OAA) (Su)	Outwitting an opponent (Rugby) (Bf)	Outwitting an opponent (Badminton) (Ct)
	Fri 2	Problem Solving (OAA) (Su)	Outwitting an opponent (Rugby) (Bf)	Outwitting an opponent (Badminton) (Ct)
Week 2	Wed 4	Outwitting an opponent (Football) (Su)	Outwitting an opponent (Badminton) (Bf)	Outwitting an opponent (Astro) (Ct)

YEAR 10y
PE CURRICULUM 14/15

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

EASTER HOLIDAY

Week 1	Mon 1	Exercising safely & effectively (Su)	Performing at max levels (Athletics) (Bf)	Outwitting an opponent (Rounders) (Ct)
	Fri 2	Exercising safely & effectively (Su)	Performing at max levels (Athletics) (Bf)	Outwitting an opponent (Rounders) (Ct)
Week 2	Wed 4	Outwitting an opponent (Rounders) (Su)	Exercising safely & effectively (Bf)	Performing at max levels (Athletics) (Ct)

MAY ½ TERM HOLIDAY

Week 1	Mon 1	Performing at max levels (Athletics) (Su)	Outwitting an opponent (Rounders) (Bf)	Exercising safely & effectively (Ct)
	Fri 2	Performing at max levels (Athletics) (Su)	Outwitting an opponent (Rounders) (Bf)	Exercising safely & effectively (Ct)
Week 2	Wed 4	Outwitting an opponent (Rounders) (Su)	Exercising safely & effectively (Bf)	Performing at max levels (Athletics) (Ct)

PE RULES

<p><u>RULES</u></p> <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><u>PE KIT</u></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/Exercising Safely & Effectively/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>
---	--