

YEAR 8ab
PE CURRICULUM 15/16

GROUP 1 Girls	GROUP 2 Girls	GROUP 3 Girls
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Week 1	Mon 5	Outwitting an opponent (Hockey) (LCL)	Accurate replication (Trampolining) (Bf)	Performing at max levels (Field Athletics) (Ct)
	Wed 5	Outwitting an opponent (Hockey) (LHN)	Outwitting an opponent (Field) (Bf)	Accurate replication (Gymnastics) (Ct)
Week 2	Thurs 2	Exploring & communicating ideas (Dance) (DPO)	Outwitting an opponent (Field) (Su)	Accurate replication (Gymnastics) (Ct)
	Fri 3	Exploring & communicating ideas (Dance) (DPO)	Accurate replication (Trampolining) (Bf)	Performing at max levels (Field Athletics) (Ct)

OCTOBER ½ TERM HOLIDAY

Week 1	Mon 5	Outwitting an opponent (Netball) (Ct)	Outwitting an opponent (Netball) (LCL)	Accurate replication (Trampolining) (Bf)
	Wed 5	Accurate replication (Gymnastics) (Ct)	Outwitting an opponent (Netball) (LHN)	Outwitting an opponent (Field) (Bf)
Week 2	Thurs 2	Accurate replication (Gymnastics) (Ct)	Exploring & communicating ideas (Dance) (DPO)	Outwitting an opponent (Field) (Su)
	Fri 3	Outwitting an opponent (Netball) (Ct)	Exploring & communicating ideas (Dance) (DPO)	Accurate replication (Trampolining) (Bf)

CHRISTMAS HOLIDAY

Week 1	Mon 5	Accurate replication (Trampolining) (Bf)	Problem solving (OAA) (Ct)	Outwitting an opponent (Netball) (LCL)
	Wed 5	Outwitting an opponent (Field) (Bf)	Accurate replication (Gymnastics) (Ct)	Outwitting an opponent (Netball) (LHN)
Week 2	Thurs 2	Outwitting an opponent (Field) (Su)	Accurate replication (Gymnastics) (Ct)	Exploring & communicating ideas (Dance) (DPO)
	Fri 3	Accurate replication (Trampolining) (Bf)	Problem solving (OAA) (Ct)	Exploring & communicating ideas (Dance) (DPO)

FEBRUARY ½ TERM HOLIDAY

Week 1	Mon 5	Problem solving (OAA) (Ct)	Outwitting an opponent (Hockey) (Bf)	Outwitting an opponent (Court) (LCL)
	Wed 5	Problem solving (OAA) (Ct)	Outwitting an opponent (Hockey) (Bf)	Outwitting an opponent (Court) (LHN)
Week 2	Thurs 2	Healthy Active Lifestyles PE1 (Ct)	Outwitting an opponent (Court) (Su)	Outwitting an opponent (Hockey) (Fr)
	Fri 3	Healthy Active Lifestyles PE1 (Ct)	Outwitting an opponent (Court) (Bf)	Outwitting an opponent (Hockey) (RPE)

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PE CURRICULUM 15/16

GROUP 1 Girls	GROUP 2 Girls	GROUP 3 Girls
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EASTER HOLIDAY

Week 1	Mon 5	Performing at max levels (Athletics) (Ct)	Outwitting an opponent (Rounders) (LCL)	Problem solving (OAA) (Bf)
	Wed 5	Performing at max levels (Athletics) (Ct)	Outwitting an opponent (Rounders) (LHN)	Problem solving (OAA) (Bf)
Week 2	Thurs 2	Outwitting an opponent (Rounders) (Ct)	Performing at max levels (Track Athletics) (PDN)	Healthy Active Lifestyles PE1 (Su)
	Fri 3	Outwitting an opponent (Rounders) (Ct)	Performing at max levels (Track Athletics) (PDN)	Healthy Active Lifestyles PE1 (Bf)

MAY ½ TERM HOLIDAY

Week 1	Mon 5	Outwitting an opponent (Court) (Ct)	Performing at max levels (Field Athletics) (Bf)	Outwitting an opponent (Rounders) (LCL)
	Wed 5	Outwitting an opponent (Court) (Ct)	Performing at max levels (Field Athletics) (Bf)	Outwitting an opponent (Rounders) (LHN)
Week 2	Thurs 2	Outwitting an opponent (Tennis) (Ct)	Healthy Active Lifestyles PE1 (Su)	Performing at max levels (Track Athletics) (DWD)
	Fri 3	Outwitting an opponent (Tennis) (Ct)	Healthy Active Lifestyles PE1 (Bf)	Performing at max levels (Track Athletics) (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/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/Hockey: 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 8ab
PE CURRICULUM 15/16

GROUP 4	GROUP 5	GROUP 6
Boys	Boys	Boys

Week 1	Mon 5	Performing at max levels (Field Athletics) (Fr)	Accurate replication (Gymnastics) (PDN)	Performing at max levels (Field Athletics) (DWD)
	Wed 5	Outwitting an opponent (Court) (RPE)	Performing at max levels (Field Athletics) (PDN)	Performing at max levels (Field Athletics) (DWD)
Week 2	Thurs 2	Outwitting an opponent (Court) (Fr)	Performing at max levels (Field Athletics) (PDN)	Healthy Active Lifestyles PE1 (DWD)
	Fri 3	Performing at max levels (Field Athletics) (RPE)	Accurate replication (Gymnastics) (PDN)	Healthy Active Lifestyles PE1 (DWD)

OCTOBER ½ TERM HOLIDAY

Week 1	Mon 5	Outwitting an opponent (Rugby) (Fr)	Outwitting an opponent (Football) (PDN)	Accurate replication (Gymnastics) (DWD)
	Wed 5	Outwitting an opponent (Rugby) (RPE)	Outwitting an opponent (Court) (PDN)	Problem solving (OAA) (DWD)
Week 2	Thurs 2	Healthy Active Lifestyles PE1 (Fr)	Outwitting an opponent (Court) (PDN)	Problem solving (OAA) (DWD)
	Fri 3	Healthy Active Lifestyles PE1 (RPE)	Outwitting an opponent (Football) (PDN)	Accurate replication (Gymnastics) (DWD)

CHRISTMAS HOLIDAY

Week 1	Mon 5	Accurate replication (Gymnastics) (Fr)	Outwitting an opponent (Rugby) (PDN)	Outwitting an opponent (Football) (DWD)
	Wed 5	Outwitting an opponent (Football) (RPE)	Outwitting an opponent (Rugby) (PDN)	Outwitting an opponent (Court) (DWD)
Week 2	Thurs 2	Outwitting an opponent (Football) (Fr)	Healthy Active Lifestyles PE1 (PDN)	Outwitting an opponent (Court) (DWD)
	Fri 3	Accurate replication (Gymnastics) (RPE)	Healthy Active Lifestyles PE1 (PDN)	Outwitting an opponent (Football) (DWD)

FEBRUARY ½ TERM HOLIDAY

Week 1	Mon 5	Problem solving (OAA) (Fr)	Fitness (SG) (PDN)	Outwitting an opponent (Rugby) (DWD)
	Wed 5	Problem solving (OAA) (RPE)	Fitness (SG) (PDN)	Outwitting an opponent (Rugby) (DWD)
Week 2	Thurs 2	Exploring & communicating ideas (Dance) (DPO)	Problem solving (OAA) (PDN)	Fitness (SG) (DWD)
	Fri 3	Exploring & communicating ideas (Dance) (DPO)	Problem solving (OAA) (PDN)	Fitness (SG) (DWD)

YEAR 8ab
PE CURRICULUM 15/16

GROUP 4 Boys	GROUP 5 Boys	GROUP 6 Boys
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EASTER HOLIDAY

Week 1	Mon 5	Performing at max levels (Track Athletics) (Fr)	Outwitting an opponent (Tennis) (PDN)	Outwitting an opponent (Cricket) (DWD)
	Wed 5	Performing at max levels (Track Athletics) (Fr)	Outwitting an opponent (Tennis) (PDN)	Outwitting an opponent (Cricket) (DWD)
Week 2	Thurs 2	Fitness (SG) (Fr)	Exploring & communicating ideas (<i>Dance</i>) (DPO)	Outwitting an opponent (Tennis) (DWD)
	Fri 3	Fitness (SG) (Fr)	Exploring & communicating ideas (<i>Dance</i>) (DPO)	Outwitting an opponent (Tennis) (DWD)

MAY ½ TERM HOLIDAY

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

<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</p> <p><u>Gym/Dance</u>: White T-shirt, Black shorts/Black Leggings (optional)</p> <p><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</p> <p><u>Field/Football/Rugby</u>: Rugby Shirt, Black Shorts/Black Tracksuit bottoms (optional), Purple Socks, Football Boots, Shin Pads, Mouth guard (rugby)</p> <p><u>Netball/Hockey</u>: Rugby Shirt, Black Shorts/ Black Tracksuit bottoms (optional), Purple Socks, Trainers, Shin pads & Mouth guard (hockey)</p> <p><u>Athletics/Cricket/Rounders/Tennis</u>: White T-Shirt, Black Shorts/Black Tracksuit Bottoms (optional), Purple Socks, Trainers</p> <p>(Up to Oct ½ term holiday & after Easter holiday: Rugby shirt optional)</p> <p>SANCTIONS - PER HALF TERM</p> <p>3 PE Kit Marks = 15 min detention 4 PE Kit Marks = 30 min detention</p> <p>5 PE Kit Marks = 1 hour afterschool detention</p>
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