

YEAR 9x
PE CURRICULUM 15/16

GROUP 1 Girls	GROUP 2 Girls	GROUP 3 Mixed
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Week 1	Mon 1	Accurate replication (Gymnastics) (Ct)	Outwitting an opponent (Astro) (Su)	Accurate replication (Trampolining) (Bf)
	Thurs 1	Outwitting an opponent (Astro) (Ct)	Couch to 5km (Su)	Fitness Profiling (Bf)
Week 2	Mon 5	Accurate replication (Gymnastics) (Ct)	Outwitting an opponent (Astro) (Bf)	Accurate replication (Trampolining) (PDN)
	Thurs 5	Outwitting an opponent (Astro) (Ct)	Couch to 5km (Su)	Fitness Profiling (Bf)

OCTOBER ½ TERM HOLIDAY

Week 1	Mon 1	Healthy Active Lifestyle (PE1) (Ct)	Accurate replication (Trampolining) (Bf)	Fitness Programme (out) (PDN))
	Thurs 1	Healthy Active Lifestyle (PE1) (Ct)	Problem solving (OAA) (Su)	Fitness Programme (in) (Bf)
Week 2	Mon 5	Outwitting an opponent (Field) (Ct)	Accurate replication (Trampolining) (Bf)	Fitness Programme (out) (PDN)
	Thurs 5	Outwitting an opponent (Field) (Ct)	Problem solving (OAA) (Su)	Fitness Programme (in) (Bf)

CHRISTMAS HOLIDAY

Week 1	Mon 1	Problem solving (OAA) (Ct)	Accurate replication (Gymnastics) (Su)	Outwitting an opponent (Basketball) (PDN)
	Thurs 1	Accurate replication (Trampolining) (Bf)	Outwitting an opponent (Field) (Su)	Outwitting an opponent (Table tennis) (PDN)
Week 2	Mon 5	Problem solving (OAA) (Ct)	Accurate replication (Gymnastics) (Bf)	Outwitting an opponent (Basketball) (PDN)
	Thurs 5	Accurate replication (Trampolining) (Bf)	Outwitting an opponent (Field) (Su)	Outwitting an opponent (Table tennis) (PDN)

FEBRUARY ½ TERM HOLIDAY

Week 1	Mon 1	Exercising safely & effectively (HRE) (Ct)	Healthy Active Lifestyle (PE1) (Su)	Outwitting an opponent (Hockey) (Bf)
	Thurs 1	Couch to 5km (Ct)	Healthy Active Lifestyle (PE1) (Su)	Outwitting an opponent (Badminton) (Bf)
Week 2	Mon 5	Exercising safely & effectively (HRE) (Ct)	Outwitting an opponent (Court) (Bf)	Outwitting an opponent (Hockey) (PDN)
	Thurs 5	Couch to 5km (Ct)	Outwitting an opponent (Court) (Su)	Outwitting an opponent (Badminton) (Bf)

YEAR 9x
PE CURRICULUM 15/16

GROUP 1 Girls	GROUP 2 Girls	GROUP 3 Mixed
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EASTER HOLIDAY

Week 1	Mon 1	Outwitting an opponent (Rounders) (Ct)	Performing at max levels (Athletics) (Su)	Leadership (Bf)
	Thurs 1	Performing at max levels (Athletics) (Ct)	Outwitting an opponent (Rounders) (Su)	Leadership (Bf)
Week 2	Mon 5	Outwitting an opponent (Rounders) (Ct)	Performing at max levels (Athletics) (Bf)	Performing at max levels (Field Athletics) (PDN)
	Thurs 5	Performing at max levels (Athletics) (Ct)	Outwitting an opponent (Rounders) (Su)	Performing at max levels (Field Athletics) (Bf)

MAY ½ TERM HOLIDAY

Week 1	Mon 1	Outwitting an opponent (Tennis) (Ct)	Exercising safely & effectively (HRE) (Su)	Performing at max levels (Track Athletics) (Bf)
	Thurs 1	Outwitting an opponent (Court) (Ct)	Outwitting an opponent (Tennis) (Su)	Outwitting an opponent (Tennis) (Bf)
Week 2	Mon 5	Outwitting an opponent (Tennis) (Ct)	Exercising safely & effectively (HRE) (Bf)	Performing at max levels (Track Athletics) (PDN)
	Thurs 5	Outwitting an opponent (Court) (Ct)	Outwitting an opponent (Tennis) (Su)	Outwitting an opponent (Tennis) (Bf)

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 9X
PE CURRICULUM 14/15

GROUP 3 Mixed	GROUP 4 Boys	GROUP 5 Boys
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Week 1	Mon 1	Accurate replication (Trampolining) (Bf)	Outwitting an opponent (Rugby) (PDN)	Healthy Active Lifestyle (PE1) (DWD)
	Thurs 1	Fitness Profiling (Bf)	Outwitting an opponent (Basketball) (PDN)	Healthy Active Lifestyle (PE1) (DWD)
Week 2	Mon 5	Accurate replication (Trampolining) (PDN)	Outwitting an opponent (Rugby) (Fr)	Outwitting an opponent (Football) (DWD)
	Thurs 5	Fitness Profiling (Bf)	Outwitting an opponent (Basketball) (PDN)	Outwitting an opponent (Football) (Fr)

OCTOBER ½ TERM HOLIDAY

Week 1	Mon 1	Fitness Programme (PDN)	Accurate replication (Gymnastics) (Su)	Outwitting an opponent (Rugby) (DWD)
	Thurs 1	Fitness Programme (Bf)	Outwitting an opponent (Football) (PDN)	Outwitting an opponent (Basketball) (DWD)
Week 2	Mon 5	Fitness Programme (PDN)	Accurate replication (Gymnastics) (Fr)	Outwitting an opponent (Rugby) (DWD)
	Thurs 5	Fitness Programme (Bf)	Outwitting an opponent (Football) (PDN)	Outwitting an opponent (Basketball) (Fr)

CHRISTMAS HOLIDAY

Week 1	Mon 1	Outwitting an opponent (Basketball) (PDN)	Healthy Active Lifestyle (PE1) (Bf)	Problem solving (OAA) (DWD)
	Thurs 1	Outwitting an opponent (Table tennis) (PDN)	Healthy Active Lifestyle (PE1) (DWD)	Accurate replication (Gymnastics) (Ct)
Week 2	Mon 5	Outwitting an opponent (Basketball) (PDN)	Outwitting an opponent (Hockey) (Fr)	Problem solving (OAA) (DWD)
	Thurs 5	Outwitting an opponent (Table tennis) (PDN)	Outwitting an opponent (Hockey) (Fr)	Accurate replication (Gymnastics) (Ct)

FEBRUARY ½ TERM HOLIDAY

Week 1	Mon 1	Outwitting an opponent (Hockey) (Bf)	Problem solving (OAA) (PDN)	Leadership (DWD)
	Thurs 1	Outwitting an opponent (Badminton) (Bf)	Leadership (PDN)	Outwitting an opponent (Hockey) (DWD)
Week 2	Mon 5	Outwitting an opponent (Hockey) (PDN)	Problem solving (OAA) (Fr)	Leadership (DWD)
	Thurs 5	Outwitting an opponent (Badminton) (Bf)	Leadership (PDN)	Outwitting an opponent (Hockey) (Fr)

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PE CURRICULUM 14/15

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EASTER HOLIDAY

Week 1	Mon 1	Leadership (Bf)	Outwitting an opponent (Tennis) (PDN)	Outwitting an opponent (Cricket) (DWD)
	Thurs 1	Leadership (Bf)	Outwitting an opponent (Tennis) (PDN)	Outwitting an opponent (Cricket) (DWD)
Week 2	Mon 5	Performing at max levels (Field Athletics) (PDN)	Exercising safely & effectively (HRE) (Fr)	Outwitting an opponent (Tennis) (DWD)
	Thurs 5	Performing at max levels (Field Athletics) (Bf)	Exercising safely & effectively (HRE) (PDN)	Outwitting an opponent (Tennis) (Fr)

MAY ½ TERM HOLIDAY

Week 1	Mon 1	Performing at max levels (Track Athletics) (Bf)	Outwitting an opponent (Cricket) (PDN)	Performing at max levels (Athletics) (DWD)
	Thurs 1	Outwitting an opponent (Tennis) (Bf)	Performing at max levels (Athletics) (PDN)	Exercising safely & effectively (HRE) (DWD)
Week 2	Mon 5	Performing at max levels (Track Athletics) (PDN)	Outwitting an opponent (Cricket) (Fr)	Performing at max levels (Athletics) (DWD)
	Thurs 5	Outwitting an opponent (Tennis) (Bf)	Performing at max levels (Athletics) (PDN)	Exercising safely & effectively (HRE) (Fr)

RULES

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OUTDOOR LESSONS

Field/Football/Rugby: Rugby Shirt, Black Shorts/Black Tracksuit bottoms (optional), Purple Socks, Football Boots, Shin Pads, Mouth guard (rugby)

Exercising Safely & Effectively/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

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