

**YEAR 7cd**  
**PE CURRICULUM 15/16**

GROUP 1 Girls	GROUP 2 Girls	GROUP 3 Girls
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<b>Week 1</b>	<b>Thurs 5</b>	Exploring & communicating ideas (Dance) (DPO)	Accurate replication (Trampolining) (Bf)	Performing at max levels (Field Athletics) (Ct)
	<b>Fri 4</b>	Exploring & communicating ideas (Dance) (DPO)	Accurate replication (Trampolining) (Bf)	Performing at max levels (Field Athletics) (Ct)
<b>Week 2</b>	<b>Tues 3</b>	Outwitting an opponent (Hockey) (LHN)	Outwitting an opponent (Field) (Bf)	Accurate replication (Gymnastics) (Ct)
	<b>Thurs 3</b>	Outwitting an opponent (Hockey) (Su)	Outwitting an opponent (Field) (Bf)	Accurate replication (Gymnastics) (Ct)

**OCTOBER ½ TERM HOLIDAY**

<b>Week 1</b>	<b>Thurs 5</b>	Outwitting an opponent (Netball) (Ct)	Exploring & communicating ideas (Dance) (DPO)	Accurate replication (Trampolining) (Bf)
	<b>Fri 4</b>	Outwitting an opponent (Netball) (Ct)	Exploring & communicating ideas (Dance) (DPO)	Accurate replication (Trampolining) (Bf)
<b>Week 2</b>	<b>Tues 3</b>	Accurate replication (Gymnastics) (Ct)	Outwitting an opponent (Netball) (LHN)	Outwitting an opponent (Field) (Bf)
	<b>Thurs 3</b>	Accurate replication (Gymnastics) (Ct)	Outwitting an opponent (Netball) (Su)	Outwitting an opponent (Field) (Bf)

**CHRISTMAS HOLIDAY**

<b>Week 1</b>	<b>Thurs 5</b>	Accurate replication (Trampolining) (Bf)	Outwitting an opponent (Hockey) (Ct)	Exploring & communicating ideas (Dance) (DPO)
	<b>Fri 4</b>	Accurate replication (Trampolining) (Bf)	Outwitting an opponent (Hockey) (Ct)	Exploring & communicating ideas (Dance) (DPO)
<b>Week 2</b>	<b>Tues 3</b>	Outwitting an opponent (Field) (Bf)	Accurate replication (Gymnastics) (Ct)	Outwitting an opponent (Netball) (LHN)
	<b>Thurs 3</b>	Outwitting an opponent (Field) (Bf)	Accurate replication (Gymnastics) (Ct)	Outwitting an opponent (Netball) (Su)

**FEBRUARY ½ TERM HOLIDAY**

<b>Week 1</b>	<b>Thurs 5</b>	Problem solving (OAA) (Ct)	Outwitting an opponent (Court) (Bf)	Outwitting an opponent (Hockey) (Fr)
	<b>Fri 4</b>	Problem solving (OAA) (Ct)	Outwitting an opponent (Court) (Bf)	Problem solving (Hockey) (DWD)
<b>Week 2</b>	<b>Tues 3</b>	Healthy Active Lifestyles PE1 (Ct)	Problem solving (OAA) (Bf)	Outwitting an opponent (Court) (LHN)
	<b>Thurs 3</b>	Healthy Active Lifestyles PE1 (Ct)	Problem solving (OAA) (Bf)	Outwitting an opponent (Court) (LHN)

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<b>GROUP 1</b> <b>Girls</b>	<b>GROUP 2</b> <b>Girls</b>	<b>GROUP 3</b> <b>Girls</b>
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**EASTER HOLIDAY**

<b>Week 1</b>	<b>Thurs 5</b>	Outwitting an opponent (Rounders) (Ct)	Performing at max levels (Track Athletics) (Bf)	Outwitting an opponent (Court) (PDN)
	<b>Fri 4</b>	Outwitting an opponent (Rounders) (Ct)	Performing at max levels (Track Athletics) (Bf)	Outwitting an opponent (Court) (PDN)
<b>Week 2</b>	<b>Tues 3</b>	Performing at max levels (Athletics) (Ct)	Outwitting an opponent (Rounders) (Bf)	Healthy Active Lifestyles PE1 (LHN)
	<b>Thurs 3</b>	Performing at max levels (Athletics) (Ct)	Outwitting an opponent (Rounders) (Su)	Healthy Active Lifestyles PE1 (Su)

**MAY ½ TERM HOLIDAY**

<b>Week 1</b>	<b>Thurs 5</b>	Outwitting an opponent (Tennis) (Ct)	Performing at max levels (Field Athletics) (Bf)	Performing at max levels (Track Athletics) (RPE)
	<b>Fri 4</b>	Outwitting an opponent (Tennis) (Ct)	Performing at max levels (Field Athletics) (Bf)	Performing at max levels (Track Athletics) (RPE)
<b>Week 2</b>	<b>Tues 3</b>	Outwitting an opponent (Court) (Ct)	Healthy Active Lifestyles PE1 (Bf)	Outwitting an opponent (Rounders) (Bf)
	<b>Thurs 3</b>	Outwitting an opponent (Court) (Ct)	Healthy Active Lifestyles PE1 (Bf)	Outwitting an opponent (Rounders) (Su)

<p><b><u>RULES</u></b></p> <p><b>No jewellery</b> is to be worn during your PE lessons.</p> <p><b>Hair bands should be brought to tie back long hair</b> - an elastic band will be provided</p> <p><b>Letters from Parents/Guardians</b> are only accepted if you have a <b>medical condition/injury</b> - PE Kit must still be brought to the lesson to assist in another role ie <b>coach, official, leader</b></p> <p>Always try your <b>best</b> no matter what the activity or your ability.</p>	<p><b><u>PE KIT</u></b></p> <p>The appropriate PE Kit should be brought to <b>every</b> lesson:</p> <p><b>INDOOR LESSONS</b></p> <p><u>Gym/Dance</u>: White T-shirt, Black shorts/Black Leggings (optional)</p> <p><u>Court/Trampolining</u>: White T-Shirt, Black Shorts/Black Tracksuit Bottoms (optional)/ Black leggings (optional for trampolining,) Purple Socks, Trainers</p> <p><b>OUTDOOR LESSONS</b></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 &amp; Mouth guard (hockey)</p> <p><u>Athletics/Cricket/Generic Skills/Rounders/Tennis</u>: White T-Shirt, Black Shorts/Black Tracksuit Bottoms (optional), Purple Socks, Trainers (Up to Oct ½ term holiday &amp; after Easter holiday: Rugby shirt optional)</p> <p><b>SANCTIONS - PER HALF TERM</b></p> <p>3 PE Kit Marks = 15 min detention      4 PE Kit Marks = 30 min detention 5 PE Kit Marks = 1 hour afterschool detention</p>
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**YEAR 7cd**  
**PE CURRICULUM 15/16**

GROUP 4 Boys	GROUP 5 Boys	GROUP 6 Boys
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<b>Week 1</b>	<b>Thurs 5</b>	Performing at max levels (Field Athletics) (Fr)	Accurate replication (Gymnastics) (PDN)	Performing at max levels (Field Athletics) (RPE)
	<b>Fri 4</b>	Performing at max levels (Field Athletics) (DWD)	Accurate replication (Gymnastics) (PDN)	Performing at max levels (Field Athletics) (RPE)
<b>Week 2</b>	<b>Tues 3</b>	Outwitting an opponent (Court) (DWD)	Performing at max levels (Field Athletics) (PDN)	Healthy Active Lifestyles PE1 (Fr)
	<b>Thurs 3</b>	Outwitting an opponent (Court) (DWD)	Performing at max levels (Field Athletics) (PDN)	Healthy Active Lifestyles PE1 (Fr)

**OCTOBER ½ TERM HOLIDAY**

<b>Week 1</b>	<b>Thurs 5</b>	Outwitting an opponent (Rugby) (Fr)	Outwitting an opponent (Football) (RPE)	Accurate replication (Gymnastics) (RPE)
	<b>Fri 4</b>	Outwitting an opponent (Rugby) (DWD)	Outwitting an opponent (Football) (RPE)	Accurate replication (Gymnastics) (RPE)
<b>Week 2</b>	<b>Tues 3</b>	Healthy Active Lifestyles PE1 (DWD)	Outwitting an opponent (Court) (PDN)	Outwitting an opponent (Rugby) (Fr)
	<b>Thurs 3</b>	Healthy Active Lifestyles PE1 (DWD)	Outwitting an opponent (Court) (PDN)	Outwitting an opponent (Rugby) (Fr)

**CHRISTMAS HOLIDAY**

<b>Week 1</b>	<b>Thurs 5</b>	Accurate replication (Gymnastics) (Fr)	Outwitting an opponent (Rugby) (PDN)	Outwitting an opponent (Football) (RPE)
	<b>Fri 4</b>	Accurate replication (Gymnastics) (DWD)	Outwitting an opponent (Rugby) (PDN)	Outwitting an opponent (Football) (RPE)
<b>Week 2</b>	<b>Tues 3</b>	Outwitting an opponent (Football) (DWD)	Healthy Active Lifestyles PE1 (PDN)	Outwitting an opponent (Court) (Fr)
	<b>Thurs 3</b>	Outwitting an opponent (Football) (DWD)	Healthy Active Lifestyles PE1 (PDN)	Outwitting an opponent (Court) (Fr)

**FEBRUARY ½ TERM HOLIDAY**

<b>Week 1</b>	<b>Thurs 5</b>	Exploring & communicating ideas (Dance)(DPO)	Problem solving (OAA) (PDN)	Fitness (SG) (RPE)
	<b>Fri 4</b>	Exploring & communicating ideas (Dance)(DPO)	Problem solving (OAA) (PDN)	Fitness (SG) (RPE)
<b>Week 2</b>	<b>Tues 3</b>	Problem solving (OAA) (DWD)	Fitness (SG) (PDN)	Problem solving (OAA) (Fr)
	<b>Thurs 3</b>	Problem solving (OAA) (DWD)	Fitness (SG) (PDN)	Problem solving (OAA) (Fr)

**YEAR 7cd**  
**PE CURRICULUM 15/16**

<b>GROUP 4</b> <b>Boys</b>	<b>GROUP 5</b> <b>Boys</b>	<b>GROUP 6</b> <b>Boys</b>
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**EASTER HOLIDAY**

<b>Week 1</b>	<b>Thurs 5</b>	Fitness (SG) (Fr)	Exploring & communicating ideas (Dance) (DPO)	Outwitting an opponent (Tennis) (RPE)
	<b>Fri 4</b>	Fitness (SG) (DWD)	Exploring & communicating ideas (Dance) (DPO)	Outwitting an opponent (Tennis) (RPE)
<b>Week 2</b>	<b>Tues 3</b>	Performing at max levels (Track Athletics) (DWD)	Outwitting an opponent (Tennis) (PDN)	Outwitting an opponent (Cricket) (Fr)
	<b>Thurs 3</b>	Performing at max levels (Track Athletics) (DWD)	Outwitting an opponent (Tennis) (PDN)	Outwitting an opponent (Cricket) (Fr)

**MAY ½ TERM HOLIDAY**

<b>Week 1</b>	<b>Thurs 5</b>	Outwitting an opponent (Cricket) (RPE)	Performing at max levels (Track Athletics) (PDN)	Exploring & communicating ideas (Dance) (DPO)
	<b>Fri 4</b>	Outwitting an opponent (Cricket) (RPE)	Performing at max levels (Track Athletics) (PDN)	Exploring & communicating ideas (Dance) (DPO)
<b>Week 2</b>	<b>Tues 3</b>	Outwitting an opponent (Tennis) (RPE)	Outwitting an opponent (Cricket) (RPE)	Performing at max levels (Track Athletics) (Fr)
	<b>Thurs 3</b>	Outwitting an opponent (Tennis) (RPE)	Outwitting an opponent (Cricket) (RPE)	Performing at max levels (Track Athletics) (Fr)

**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/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/ Generic Skills/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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