

## YEAR 10 + 11 2021 - 2022

<u>WEEK</u>	<u>BOYS 1</u>	<u>BOYS 2</u>	<u>GIRLS 1</u>	<u>GIRLS 2</u>
2	FITNESS	FITNESS	FITNESS	FITNESS
3-5	FOOTBALL	FOOTBALL	NETBALL Junior Yard	BADMINTON Sports Hall 2
6-8	HANDBALL Sports Hall 2	BASKETBALL Gym	HANDBALL S Hall 1	NETBALL Junior Yard
9	OCTOBER HALF TERM			
10	FITNESS	FITNESS	FITNESS	FITNESS
11-12	BASKETBALL Gym	HANDBALL Sports Hall 2	NETBALL Junior Yard	HANDBALL Sports Hall 1
13-14 (YR 11 MOCKS)	ORIENTEERING	ORIENTEERING	ORIENTEERING	ORIENTEERING
15+16	RUGBY Outdoor	RUGBY Outdoor	YOGA/PILATES Gym	NETBALL Junior Yard
17+18	CHRISTMAS HOLIDAYS			
19	FITNESS	FITNESS	FITNESS	FITNESS
20-21	INDOOR ATHLETICS Sports Hall 2	INDOOR ATHLETICS Sports Hall 2	BADMINTON Sports Hall 1	YOGA/PILATES Gym
22-24	FOOTBALL	FOOTBALL	INDOOR ATHLETICS Sports Hall 2	INDOOR ATHLETICS Sports Hall 2
25	FEBRUARY HALF TERM			
26	FITNESS	FITNESS	FITNESS	FITNESS
27-29	BADMINTON S Hall 2	BASKETBALL Sports Hall 1	BASKETBALL Gym	HOCKEY Outdoor
30-31	BASKETBALL Sports Hall 1	BADMINTON S Hall 2	HOCKEY Outdoor	BASKETBALL Gym
32+33	EASTER HOLIDAYS			
34	FITNESS	FITNESS	FITNESS	FITNESS
35-39	ATHLETICS	ATHLETICS	ATHLETICS	ATHLETICS
40	MAY HALF TERM			
41	FITNESS	FITNESS	FITNESS	FITNESS
42-43	CRICKET	SOFTBALL	ROUNDERS	CRICKET
44-46	SOFTBALL	CRICKET	CRICKET	ROUNDERS

## YEAR 7 2021 - 2022

<u>WEEK</u>	<u>THEORY FOCUS</u>	<u>BOYS 1</u>	<u>BOYS 2</u>	<u>GIRLS 1</u>	<u>GIRLS 2</u>
2-3	MUSCULAR SYSTEM AND TYPES OF MOVEMENT	BASE LINE TESTING	BASE LINE TESTING	BASE LINE TESTING	BASE LINE TESTING
4		FITNESS	FITNESS	FITNESS	FITNESS
5-8		FOOTBALL	HANDBALL Sports Hall 2	NETBALL Junior Yard	HANDBALL Sports Hall 1
9		OCTOBER HALF TERM			
10	ISSUES AFFECTING PARTICIPATION IN SPORT	FITNESS	FITNESS	FITNESS	FITNESS
11+12		INDOOR ATHLETICS Sports Hall 2	FOOTBALL	INDOOR ATHLETICS Sports Hall 2	DANCE Gym
13-14 (YR 11 MOCKS)		ORIENTEERING	ORIENTEERING	ORIENTEERING	ORIENTEERING
15+16		HANDBALL Sports Hall 1	INDOOR ATHLETICS Sports Hall 2	DANCE Gym	INDOOR ATHLETICS Sports Hall 2
17+18		CHRISTMAS HOLIDAYS			
19	BENEFIT OF WARM UP / COOL DOWN AND THE EFFECTS OF EXERCISE	FITNESS	FITNESS	FITNESS	FITNESS
20-22		RUGBY Outdoor	RUGBY Outdoor	HANDBALL Sports Hall 1	GYMNASTICS GYM
23-24		HANDBALL Sports Hall 1	HANDBALL Sports Hall 2	GYMNASTICS Gym	NETBALL Junior Yard
25		FEBRUARY HALF TERM			
26	CV AND RESPIRATORY SYSTEMS AND THE BENEFITS OF EXERCISE	FITNESS	FITNESS	FITNESS	FITNESS
27-29		BADMINTON S Hall 2	BASKETBALL Gym	BADMINTON S Hall 1	FOOTBALL
30-32		BASKETBALL Gym	BADMINTON S Hall 2	FOOTBALL	BADMINTON S Hall 1
32-33		EASTER HOLIDAYS			
34	COMPONENTS OF FITNESS AND PRINCIPLES OF TRAINING	FITNESS	FITNESS	FITNESS	FITNESS
35-39		ATHLETICS	ATHLETICS	ATHLETICS	ATHLETICS
40		MAY HALF TERM			
41	RECAP ALL PREVIOUS LEARNING	FITNESS	FITNESS	FITNESS	FITNESS
42-43		CRICKET	SOFTBALL	ROUNDERS	CRICKET
44-46		SOFTBALL	CRICKET	CRICKET	ROUNDERS

## YEAR 8-9 2019 - 2020

<u>WEEK</u>	<u>THEORY FOCUS</u>	<u>BOYS 1</u>	<u>BOYS 2</u>	<u>GIRLS 1</u>	<u>GIRLS 2</u>
2	MUSCULAR SYSTEM AND TYPES OF MOVEMENT	FITNESS	FITNESS	FITNESS	FITNESS
3-5		FOOTBALL	HANDBALL Sports Hall 2	HANDBALL Sports Hall 1	FOOTBALL
6-8		HANDBALL Sports Hall 2	FOOTBALL	NETBALL Junior Yard	HANDBALL Sports Hall 1
9		OCTOBER HALF TERM			
10	ISSUES AFFECTING PARTICIPATION IN SPORT	FITNESS	FITNESS	FITNESS	FITNESS
11+12		INDOOR ATHLETICS Sports Hall 2	TABLE TENNIS Gym	INDOOR ATHLETICS Sports Hall 2	NETBALL Junior Yard
13-14 (YR 11 MOCKS)		ORIENTEERING	ORIENTEERING	ORIENTEERING	ORIENTEERING
15+16		TABLE TENNIS Gym	INDOOR ATHLETICS Sports Hall 2	FOOTBALL	INDOOR ATHLETICS Sports Hall 2
17+18		CHRISTMAS HOLIDAYS			
19	WARM UP / COOL DOWN AND THE EFFECTS OF EXERCISE	FITNESS	FITNESS	FITNESS	FITNESS
20-22		RUGBY Outdoor	RUGBY Outdoor	BADMINTON Sports Hall 1	GYMNASTICS Gym
23-24		HANDBALL Sports Hall 1	HANDBALL Sports Hall 2	GYMNASTICS Gym	TAG RUGBY
25		FEBRUARY HALF TERM			
26	CV AND RESPIRATORY SYSTEMS AND THE BENEFITS OF EXERCISE	FITNESS	FITNESS	FITNESS	FITNESS
27-29		FUTSAL S Hall 2	BASKETBALL Gym	DANCE Yr11 Centre/AT	BADMINTON S Hall 1
30-32		BASKETBALL Gym	FUTSAL S Hall 2	TAG RUGBY	DANCE Yr11 Centre/AT
32-33		EASTER HOLIDAYS			
34	COMPONENTS OF FITNESS AND PRINCIPLES OF TRAINING	FITNESS	FITNESS	FITNESS	FITNESS
35-39		ATHLETICS	ATHLETICS	ATHLETICS	ATHLETICS
40		MAY HALF TERM			
41	RECAP ALL PREVIOUS LEARNING	FITNESS	FITNESS	FITNESS	FITNESS
42-43		CRICKET	SOFTBALL	ROUNDERS	CRICKET
44-46		SOFTBALL	CRICKET	CRICKET	ROUNDERS