

PHYSICAL EDUCATION CURRICULUM – 2022-2023

YEAR	TERM				
	AUTUMN		SPRING		SUMMER
7	Games Boys Rugby Girls Hockey		Games Boys Football Girls Netball		Games Cricket
	Core PE 4 x Disability Sport 4 x Gymnastics 4 x Dance 4 x Athletic Development 4 x Indoor Rowing 4 x Orienteering	Core PE 4 x Disability Sport 4 x Gymnastics 4 x Dance 4 x Athletic Development 4 x Indoor Rowing 4 x Orienteering	Core PE 4 x Disability Sport 4 x Gymnastics 4 x Dance 4 x Athletic Development 4 x Indoor Rowing 4 x Orienteering	Core PE 4 x Disability Sport 4 x Gymnastics 4 x Dance 4 x Athletic Development 4 x Indoor Rowing 4 x Orienteering	Core PE Athletics
8	Games Boys Rugby Girls Hockey		Games Boys Football Girls Netball		Games Cricket
	Core PE 4 x Disability Sport 4 x Gymnastics 4 x Dance 4 x Athletic Development 4 x Indoor Rowing 4 x Orienteering	Core PE 4 x Disability Sport 4 x Gymnastics 4 x Dance 4 x Athletic Development 4 x Indoor Rowing 4 x Orienteering	Core PE 4 x Disability Sport 4 x Gymnastics 4 x Dance 4 x Athletic Development 4 x Indoor Rowing 4 x Orienteering	Core PE 4 x Disability Sport 4 x Gymnastics 4 x Dance 4 x Athletic Development 4 x Indoor Rowing 4 x Orienteering	Core PE Athletics
9	Games Boys Rugby Girls Hockey		Games Boys Football Girls Netball		Games Cricket
	Core PE 4 x Disability Sport 4 x Table Tennis 4 x HRE 4 x Athletic Development 4 x Basketball 4 x Handball	Core PE 4 x Disability Sport 4 x Table Tennis 4 x HRE 4 x Athletic Development 4 x Basketball 4 x Handball	Core PE 4 x Disability Sport 4 x Table Tennis 4 x HRE 4 x Athletic Development 4 x Basketball 4 x Handball	Core PE 4 x Disability Sport 4 x Table Tennis 4 x HRE 4 x Athletic Development 4 x Basketball 4 x Handball	Core PE Athletics
10	Core PE 4 x Disability Sport 4 x HRE 4 x Athletic Development 8 x Basketball 4 x Handball	Core PE 4 x Disability Sport 4 x HRE 4 x Athletic Development 8 x Basketball 4 x Handball	Core PE 4 x Disability Sport 4 x HRE 4 x Athletic Development 8 x Basketball 4 x Handball	Core PE 4 x Disability Sport 4 x HRE 4 x Athletic Development 8 x Basketball 4 x Handball	Core PE Athletics

Year 11

	Year 1				
Group	A	B	C	D	E
Weeks 1-4	Table Tennis	Basketball	Volleyball	Fitness Centre	Circuits & HIIT
Weeks 5-8	Circuits & HIIT	Table Tennis	Basketball	Volleyball	Fitness Centre
Weeks 9-12	Fitness Centre	Circuits & HIIT	Table Tennis	Basketball	Volleyball
Weeks 13-16	Volleyball	Fitness Centre	Circuits & HIIT	Table Tennis	Basketball
Weeks 17-20	Boxercise & Body Pump	Softball	Indoor Rowing	Invasion Games	Fitness Centre
Weeks 21-24	Fitness Centre	Boxercise & Body Pump	Softball	Indoor Rowing	Invasion Games
Weeks 25-28	Invasion Games	Fitness Centre	Boxercise & Body Pump	Softball	Indoor Rowing
Weeks 28-32	Indoor Rowing	Invasion Games	Fitness Centre	Boxercise & Body Pump	Softball

Years 12 & 13

Week	Year 12	Year 13
Weeks 1-3	Boxercise / HIIT / Body Pump	Boxercise / HIIT / Body Pump
Weeks 4-7	Basketball x3	Basketball x3
Weeks 8-10	Yoga / Pilates / Mindfulness Walk	Yoga / Pilates / Mindfulness Walk
Weeks 11-13	Badminton x3	Badminton x3
Weeks 14-16	Fitness Centre x3	Fitness Centre x3
Weeks 17-19	Goalball / Seated Volleyball / Boccia	Goalball / Seated Volleyball / Boccia
Weeks 20-22	Table Tennis x2 / Short Tennis x1	Table Tennis x2 / Short Tennis x1
Weeks 23-25	Indoor Rowing x3	Indoor Rowing x3
Weeks 26-28	Circuits / Zumba / Interval	Circuits / Zumba / Interval
Weeks 29-31	Volleyball x3	Volleyball x3
Weeks 31-34	Athletics x3	Athletics x3