

Core PE Lessons – 2022-23

Years 7 & 8

	Disability Sport (Sports Hall)	Gymnastics (Sports Hall)	Dance (Gym)	Athletic Development (Fitness Centre)	Indoor Rowing (No.9)	Orienteering (Pavilion)
Weeks 1 -4	A	B	C	D	E	F
Weeks 5 – 8	B	C	D	E	F	A
Weeks 9 -12	C	D	E	F	A	B
Weeks 13-16	D	E	F	A	B	C
Weeks 17-20	E	F	A	B	C	D
Weeks 21-24	F	A	B	C	D	E
Weeks 24 – End of Term	Athletics					

Core PE Lessons – 2022-23

Years 9 & 10

	Mixed Netball (Netball Courts)	Disability Sport (Sports Hall)	HRE (Parade Square / Fitness Centre)	Athletic Development (Mulkerrin Astro)	Basketball (Sports Hall)	Handball (Mulkerrin Astro)
Weeks 1 - 4	A	B	C	D	E	F
Weeks 5 – 8	B	C	D	E	F	A
Weeks 9 -12	C	D	E	F	A	B
Weeks 13-16	D	E	F	A	B	C
Weeks 17-20	E	F	A	B	C	D
Weeks 21-24	F	A	B	C	D	E
Weeks 24 – End of Term	Athletics					

Core PE Lessons – 2022-23

Years 11

	Year 11				
Group	A	B	C	D	E
Weeks 1-3	Table Tennis	Basketball	Invasion Games	Fitness Centre	HIIT
Weeks 4-7	HIIT	Table Tennis	Basketball	Invasion Games	Fitness Centre
Weeks 8-11	Fitness Centre	HIIT	Table Tennis	Basketball	Invasion Games
Weeks 12-15	Invasion Games	Fitness Centre	HIIT	Table Tennis	Basketball
Weeks 16-19	Basketball	Invasion Games	Fitness Centre	HIIT	Table Tennis
Weeks 20-23	Dodgeball				
Weeks 24-27	Cricket / Athletics				
Weeks 28-32	Revision for Examinations				

Locations	
Table Tennis	Sports Hall
Basketball	Sports Hall
Invasion Games	Pavilion
Fitness Centre	Fitness Centre
HIIT	Gym
Dodgeball	Sports Hall
Cricket / Athletics	Front-Field

Core PE Lessons – 2022-23

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