

Year 10 Programme of Study 2022-23

FT	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6	Unit 7	Unit 8	Unit 9
05/08/22	12/08/22	10/10/22	14/11/22	09/01/23	06/02/23	13/03/23	24/04/23	22/05/23	26/06/23

10X

	LESSONS	Option 1 LO/AS	Option 2 JF	Option 3 HL/EW
FT	2	Fitness Testing	Fitness Testing	Fitness Testing
1	8	Table Tennis AS/JF	Rugby (AGP) LO/JF	Gymnastics
2	8	Trampoline	Football (AGP)	Cycling
3	8	Volleyball	Danish Longball (AGP)	Netball
4	10	Bench ball x 4 / Dodgeball x 4		Dodgeball x 4 Bench ball x 4
5	8	Basketball	Walking	Health & Fitness Training
6	8	Badminton	Football (AGP)	Just Dance
7	8	Athletics	Athletics	Tennis
8	8	Tennis	Rounders/Cricket (AGP)	Athletics
9	8	Rounders/Cricket (AGP)	Tennis	Cricket/Rounders (AGP)

10Y

	LESSONS	Option 1 AS	Option 2 JF	Option 3 HL/EW
FT	2	Fitness Testing	Fitness Testing	Fitness Testing
1	8	Table Tennis AS/JF	Rugby (AGP) LO/JF	Gymnastics
2	8	Trampoline	Football (AGP)	Cycling
3	8	Volleyball	Danish Longball (AGP)	Netball
4	10	Bench ball x 4 / Dodgeball x 4		Dodgeball x 4 Bench ball x 4
5	8	Basketball JF	Walking AS	Health & Fitness Training
6	8	Badminton	Football (AGP)	Just Dance
7	8	Athletics	Athletics	Tennis
8	8	Tennis	Rounders/Cricket (AGP)	Athletics
	8	Rounders/Cricket (AGP)	Tennis	Cricket/Rounders (AGP)

Year 11 Programme of Study 2022-23

FT	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6	Unit 7	Unit 8	Unit 9
05/08/22	12/08/22	10/10/22	14/11/22	09/01/23	06/02/23	13/03/23	24/04/23	22/05/23	26/06/23

11X

	LESSONS	Option 1 LO	Option 2 JF	Option 3 AS
FT	2	Fitness Testing	Fitness Testing	Fitness Testing
1	8	Table Tennis JF	Rugby (AGP)LO	Dodgeball/Benchball
2	8	Trampoline	Football (AGP)	Cycling
3	8	Volleyball	Danish Longball (AGP)	Netball
4	10	Bench ball x 4 / Dodgeball x 4		Dodgeball x 4 Bench ball x 4
5	8	Basketball	Walking	Health & Fitness Training
6	8	Badminton	Football (AGP)	Just Dance
7	8	Athletics	Athletics	Tennis
8	8	Tennis	Rounders/Cricket (AGP)	Athletics

11Y

	LESSONS	Option 1 LO/HL	Option 2 JF	Option 3 AS
FT	2	Fitness Testing	Fitness Testing	Fitness Testing
1	8	Table Tennis JF/HL	Rugby (AGP)LO/JF	Dodgeball/Benchball
2	8	Trampoline	Football (AGP)	Cycling
3	8	Volleyball	Danish Longball (AGP)	Netball
4	10	Bench ball x 4 / Dodgeball x 4		Dodgeball x 4 Bench ball x 4
5	8	Basketball	Walking	Health & Fitness Training
6	8	Badminton	Football (AGP)	Just Dance
7	8	Athletics	Athletics	Tennis
8	8	Tennis	Rounders/Cricket (AGP)	Athletics