

Year 7 Programme of Study 2022-23

BT	Unit 1	Unit 2	Unit 3	IA	Unit 4	Unit 5	Unit 6	Unit 7	Unit 8	Unit 9
Wb: 05/08/22	Wb: 19/08/22 (2 <sup>nd</sup> lesson of the week)	Wb: 17/10/22 (2 <sup>nd</sup> lesson of the week)	Wb: 21/11/22 (2 <sup>nd</sup> lesson of the week)	Wb: 05/01/23	Wb: 09/01/23	Wb: 06/02/23	Wb: 13/03/23	Wb: 24/04/23	Wb: 22/05/23	Wb: 26/06/23

7X

	LESSONS	ASPIRE AS	ACHIEVE LO/HL	ACTIVE JF	ASSESSMENT	
<b>BT</b>	<b>5</b>	<b>Baseline Testing</b>	<b>Baseline Testing</b>	<b>Baseline Testing</b>		
1	7	Netball	Football (AGP)	Basketball	HANDS	HEAD
2	7	Volleyball / Badminton	Orienteering/Health & Fitness	Football (AGP)	HANDS	HEART
3	7	Football (AGP) JF	Basketball	Netball AS	HANDS	HEAD
<b>IA</b>	<b>2</b>	<b>Indoor Athletics</b>	<b>Indoor Athletics</b>	<b>Indoor Athletics</b>		
4	8	Gymnastics	Dance (Country/Stomp)	Rugby (AGP)LO	HANDS	HEART
5	8	Rugby (AGP)JF	Gymnastics / Parkour	Dance (Country/Stomp) AS	HANDS	HEAD
6	8	Dance (Country/Stomp)	Rugby (AGP)	Gymnastics / Parkour	HANDS	HEART
7	8	Athletics	Tennis	Athletics	HANDS	HEAD
8	8	Tennis	Athletics	Rounders/Cricket (AGP)	HANDS	HEART
9	8	Rounders/Cricket (AGP)	Cricket/Rounders (AGP)	Tennis	HANDS	HEAD

7Y

	LESSONS	ASPIRE AS	ACHIEVE GT	ACTIVE HL	ASSESSMENT	
<b>BT</b>	<b>5</b>	<b>Baseline Testing</b>	<b>Baseline Testing</b>	<b>Baseline Testing</b>		
1	7	Netball	Football (AGP)	Basketball	HANDS	HEAD
2	7	Volleyball / Badminton	Orienteering/Health & Fitness HL	Football (AGP) GT	HANDS	HEART
3	7	Football (AGP) GT	Volleyball / Badminton AS	Netball	HANDS	HEAD
<b>IA</b>	<b>2</b>	<b>Indoor Athletics</b>	<b>Indoor Athletics</b>	<b>Indoor Athletics</b>		
4	8	Gymnastics	Dance (Country/Stomp) HL	Rugby (AGP)GT	HANDS	HEART
5	8	Rugby (AGP)GT	Gymnastics / Parkour	Dance (Country/Stomp) AS	HANDS	HEAD
6	8	Dance (Country/Stomp)	Rugby (AGP)	Gymnastics / Parkour	HANDS	HEART
7	8	Athletics	Tennis	Athletics	HANDS	HEAD
8	8	Tennis	Athletics	Rounders/Cricket (AGP)	HANDS	HEART
9	8	Rounders/Cricket (AGP)	Cricket/Rounders (AGP)	Tennis	HANDS	HEAD

Year 8 Programme of Study 2022-23

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

8X

	LESSONS	ASPIRE HL/EW	ACHIEVE LO/AS	ACTIVE JF	ASSESSMENT	
<b>FT</b>	<b>2</b>	<b>Fitness Testing</b>	<b>Fitness Testing</b>	<b>Fitness Testing</b>		
1	8	Netball	Football (AGP)	Basketball	HANDS	HEAD
2	8	Volleyball / Badminton	Orienteering	Football (AGP)	HANDS	HEART
3	8	Football (AGP) JF	Basketball	Netball HL/EW	HANDS	HEAD
<b>IA</b>	<b>2</b>	<b>Indoor Athletics</b>	<b>Indoor Athletics</b>	<b>Indoor Athletics</b>		
4	8	Gymnastics	Healthy Active Lifestyles JF/AS	Rugby (AGP)LO/JF	HANDS	HEART
5	8	Rugby (AGP)JF	Gymnastics / Parkour	Healthy Active Lifestyles HL/EW	HANDS	HEAD
6	8	Dance (Charleston)	Rugby (AGP) LO/JF	Gymnastics / Parkour JF/AS	HANDS	HEART
7	8	Athletics	Tennis	Athletics	HANDS	HEAD
8	8	Tennis	Athletics	Rounders/Cricket (AGP)	HANDS	HEART
9	8	Rounders/Cricket (AGP)	Cricket/Rounders (AGP)	Tennis	HANDS	HEAD

8Y

	LESSONS	ASPIRE AS	ACHIEVE LO		ASSESSMENT	
<b>FT</b>	<b>2</b>	<b>Fitness Testing</b>	<b>Fitness Testing</b>			
1	8	Netball	Football (AGP)		HANDS	HEAD
2	8	Volleyball / Badminton	Orienteering		HANDS	HEART
3	8	Football (AGP) LO	Volleyball / Badminton AS		HANDS	HEAD
<b>IA</b>	<b>2</b>	<b>Indoor Athletics</b>	<b>Indoor Athletics</b>			
4	8	Gymnastics	Healthy Active Lifestyles		HANDS	HEART
5	8	Rugby (AGP)LO	Gymnastics / Parkour AS		HANDS	HEAD
6	8	Dance (Charleston)	Rugby (AGP)		HANDS	HEART
7	8	Athletics	Tennis		HANDS	HEAD
8	8	Tennis	Athletics		HANDS	HEART
9	8	Rounders/Cricket (AGP)	Cricket/Rounders (AGP)		HANDS	HEAD

Year 9 Programme of Study 2022-23

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

9X

	LESSONS	ASPIRE HL/EW	ACHIEVE LO	ACTIVE JF	ASSESSMENT	
<b>FT</b>	<b>2</b>	<b>Fitness Testing</b>	<b>Fitness Testing</b>	<b>Fitness Testing</b>		
1	8	Netball	Football (AGP)	Basketball	HANDS	HEAD
2	8	Volleyball / Badminton	Cycling	Football (AGP)	HANDS	HEART
3	8	Football (AGP) JF	Volleyball / Badminton	Netball HL/EW	HANDS	HEAD
<b>IA</b>	<b>2</b>	<b>Indoor Athletics</b>	<b>Indoor Athletics</b>	<b>Indoor Athletics</b>		
4	8	Gymnastics	Healthy Active Lifestyles JF	Rugby (AGP)LO	HANDS	HEART
5	8	Rugby (AGP)JF	Gymnastics / Parkour	Healthy Active Lifestyles HL/EW	HANDS	HEAD
6	8	Dance (Pop Bands)	Rugby (AGP)	Gymnastics / Parkour	HANDS	HEART
7	8	Athletics	Tennis	Athletics	HANDS	HEAD
8	8	Tennis	Athletics	Rounders/Cricket (AGP)	HANDS	HEART
9	8	Rounders/Cricket (AGP)	Cricket/Rounders (AGP)	Tennis	HANDS	HEAD

9Y

	LESSONS	ASPIRE AS	ACHIEVE LO		ASSESSMENT	
<b>FT</b>	<b>2</b>	<b>Fitness Testing</b>	<b>Fitness Testing</b>			
1	8	Netball	Football (AGP)		HANDS	HEAD
2	8	Volleyball / Badminton	Cycling		HANDS	HEART
3	8	Football (AGP) LO	Volleyball / Badminton AS		HANDS	HEAD
<b>IA</b>	<b>2</b>	<b>Indoor Athletics</b>	<b>Indoor Athletics</b>			
4	8	Gymnastics	Healthy Active Lifestyles		HANDS	HEART
5	8	Rugby (AGP) LO	Gymnastics / Parkour AS		HANDS	HEAD
6	8	Dance (Pop Bands)	Rugby		HANDS	HEART
7	8	Athletics	Tennis		HANDS	HEAD
8	8	Tennis	Athletics		HANDS	HEART
9	8	Rounders/Cricket (AGP)	Cricket/Rounders (AGP)		HANDS	HEAD

**Year 10 Programme of Study 2022-23**

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

**10X**

	<b>LESSONS</b>	<b>Option 1 LO/AS</b>	<b>Option 2 JF</b>	<b>Option 3 HL/EW</b>
<b>FT</b>	<b>2</b>	<b>Fitness Testing</b>	<b>Fitness Testing</b>	<b>Fitness Testing</b>
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**

	<b>LESSONS</b>	<b>Option 1 AS</b>	<b>Option 2 JF</b>	<b>Option 3 HL/EW</b>
<b>FT</b>	<b>2</b>	<b>Fitness Testing</b>	<b>Fitness Testing</b>	<b>Fitness Testing</b>
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
9	8	Rounders/Cricket (AGP)	Tennis	Cricket/Rounders (AGP)

**Year 11 Programme of Study 2022-23**

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

**11X**

	<b>LESSONS</b>	<b>Option 1 LO</b>	<b>Option 2 JF</b>	<b>Option 3 AS</b>
<b>FT</b>	<b>2</b>	<b>Fitness Testing</b>	<b>Fitness Testing</b>	<b>Fitness Testing</b>
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**

	<b>LESSONS</b>	<b>Option 1 LO/HL</b>	<b>Option 2 JF</b>	<b>Option 3 AS</b>
<b>FT</b>	<b>2</b>	<b>Fitness Testing</b>	<b>Fitness Testing</b>	<b>Fitness Testing</b>
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