

### Year 7 Programme of Study & Assessment

Year 7	HT1 24/10/25		HT2 19/12/25		HT3 13/02/26		HT4 03/04/26		HT5 22/05/26		HT6 21/07/26	
Assessment	Hands	Head	Hands	Heart	Hands	Head	Hands	Heart	Hands	Head	Hands	Heart
Health, Fitness & Nutrition	Effective use of warm-ups & cool downs				Effects of exercise				The components of fitness			

START DATE	NUMBER OF LESSONS	CLASS CODE	TEACHER	CLASS CODE	TEACHER	CLASS CODE	TEACHER
		7X ASPIRE	HL/AS	7X ACHIEVE	KP	7X ACTIVE	JF/AS
08/09/25	4	<b>Baseline Testing</b>		<b>Baseline Testing</b>		<b>Baseline Testing</b>	
22/09/25	8	Netball		Football (AGP)		Basketball (6)	
20/10/25	8	Gymnastics		Dance (Country/Stomp)		Rugby (AGP)	
<b>10/11/25</b>	<b>4</b>	<b>PPEs</b>		<b>PPEs</b>		<b>PPEs</b>	
24/11/25	8	Dance (Country/Stomp)		Rugby (AGP)		Gymnastics	
06/01/26	2	Indoor Athletics		Indoor Athletics		Indoor Athletics	
12/01/26	8	Badminton		Orienteering / Health & Fitness		Football (AGP)	
09/02/26	8	Football (AGP)		Basketball		Dance (Country/Stomp) (6)	
16/03/26	8	Rugby (AGP) JF/AS		Badminton		Netball HL/AS	
27/04/26	8	Athletics		Tennis		Athletics (10)	
01/06/26	8	Tennis		Athletics		Rounders/Cricket (AGP)	
29/06/26	8	Rounders/Cricket (AGP)		Cricket/Rounders (AGP)		Tennis	

START DATE	NUMBER OF LESSONS	CLASS CODE	TEACHER	CLASS CODE	TEACHER	CLASS CODE	TEACHER
		7Y ASPIRE	AS	7Y ACHIEVE	LO/JF	7Y ACTIVE	KP
08/09/25	4	<b>Baseline Testing</b>		<b>Baseline Testing</b>		<b>Baseline Testing</b>	
22/09/25	8	Netball		Football (AGP)		Basketball (6)	
20/10/25	8	Gymnastics		Dance (Country/Stomp)		Rugby (AGP)	
<b>10/11/25</b>	<b>4</b>	<b>PPEs</b>		<b>PPEs</b>		<b>PPEs</b>	
24/11/25	8	Dance (Country/Stomp)		Rugby (AGP)		Gymnastics	
06/01/26	2	Indoor Athletics		Indoor Athletics		Indoor Athletics	
12/01/26	8	Badminton		Orienteering / Health & Fitness		Football (AGP)	
09/02/26	8	Football (AGP)		Basketball		Dance (Country/Stomp) (6)	
16/03/26	8	Rugby (AGP) KP		Badminton		Netball AS	
27/04/26	8	Athletics		Tennis		Athletics (10)	
01/06/26	8	Tennis		Athletics		Rounders/Cricket (AGP)	
29/06/26	8	Rounders/Cricket (AGP)		Cricket/Rounders (AGP)		Tennis	

### Year 8 Programme of Study & Assessment

<b>Year 8</b>	<b>HT1 24/10/25</b>		<b>HT2 19/12/25</b>		<b>HT3 13/02/26</b>		<b>HT4 03/04/26</b>		<b>HT5 22/05/26</b>		<b>HT6 21/07/26</b>	
<b>Assessment</b>	Hands	Head	Hands	Heart	Hands	Head	Hands	Heart	Hands	Head	Hands	Heart
<b>Fitness &amp; Training</b>	Diet, nutrition & water				Fitness testing				Types of training			

START DATE	NUMBER OF LESSONS	CLASS CODE	TEACHER	CLASS CODE	TEACHER	CLASS CODE	TEACHER
		8X ASPIRE	AS	8X ACHIEVE	LO/JF	8X ACTIVE	KP
08/09/25	4	Fitness Testing & Games		Fitness Testing & Games		Fitness Testing & Games	
22/09/25	8	Netball		Football (AGP)		Volleyball	
20/10/25	8	Gymnastics		Healthy Active Lifestyles		Rugby (AGP)	
<b>10/11/25</b>	<b>4</b>	<b>PPEs</b>		<b>PPEs</b>		<b>PPEs</b>	
24/11/25	8	Dance (Charleston)		Rugby (AGP)		Gymnastics	
06/01/26	2	Indoor Athletics		Indoor Athletics		Indoor Athletics	
12/01/26	8	Badminton		Orienteering		Football (AGP)	
09/02/26	8	Football (AGP)		Basketball		Healthy Active Lifestyles	
16/03/26	8	Rugby (AGP) KP		Badminton		Netball AS	
27/04/26	8	Athletics		Tennis		Athletics (10)	
01/06/26	8	Tennis		Athletics		Rounders/Cricket (AGP)	
29/06/26	8	Rounders/Cricket (AGP)		Cricket/Rounders (AGP)		Tennis	

START DATE	NUMBER OF LESSONS	CLASS CODE	TEACHER	CLASS CODE	TEACHER	CLASS CODE	TEACHER
		8Y ASPIRE	HL	8Y ACHIEVE	KP	8Y ACTIVE	LO
08/09/25	4	Fitness Testing & Games		Fitness Testing & Games		Fitness Testing & Games	
22/09/25	8	Netball		Football (AGP)		Volleyball	
20/10/25	8	Gymnastics		Healthy Active Lifestyles		Rugby (AGP)	
<b>10/11/25</b>	<b>4</b>	<b>PPEs</b>		<b>PPEs</b>		<b>PPEs</b>	
24/11/25	8	Dance (Charleston)		Rugby (AGP)		Gymnastics	
06/01/26	2	Indoor Athletics		Indoor Athletics		Indoor Athletics	
12/01/26	8	Badminton		Orienteering		Football (AGP)	
09/02/26	8	Football (AGP)		Basketball		Healthy Active Lifestyles	
16/03/26	8	Rugby (AGP) LO		Badminton		Netball HL	
27/04/26	8	Athletics		Tennis		Athletics (10)	
01/06/26	8	Tennis		Athletics		Rounders/Cricket (AGP)	
29/06/26	8	Rounders/Cricket (AGP)		Cricket/Rounders (AGP)		Tennis	

### Year 9 Programme of Study & Assessment

Year 9	HT1 24/10/25		HT2 19/12/25		HT3 13/02/26		HT4 03/04/26		HT5 22/05/26		HT6 21/07/26	
Assessment	Hands	Head	Hands	Heart	Hands	Head	Hands	Heart	Hands	Head	Hands	Heart
Anatomy & Physiology	The Musculoskeletal system				The Cardiorespiratory system				Aerobic & Anaerobic exercise			

START DATE	NUMBER OF LESSONS	CLASS CODE	TEACHER	CLASS CODE	TEACHER	CLASS CODE	TEACHER
		9X ASPIRE	AS	9X ACHIEVE	LO	9X ACTIVE	HL
08/09/25	4	Fitness Testing		Fitness Testing		Fitness Testing	
22/09/25	8	Netball		Football (AGP)		Volleyball	
20/10/25	8	Gymnastics		Healthy Active Lifestyles		Rugby (AGP)	
<b>10/11/25</b>	<b>4</b>	<b>PPEs</b>		<b>PPEs</b>		<b>PPEs</b>	
24/11/25	8	Dance (Pop Bands)		Rugby (AGP)		Badminton	
06/01/26	2	Dodgeball / Benchball		Dodgeball / Benchball		Dodgeball / Benchball	
12/01/26	8	Volleyball		Cycling		Football (AGP)	
09/02/26	8	Football (AGP)		Volleyball		Healthy Active Lifestyles	
16/03/26	8	Rugby (AGP) LO		Badminton AS		Netball	
27/04/26	8	Athletics		Tennis		Athletics (10)	
01/06/26	8	Tennis		Athletics		Rounders/Cricket (AGP)	
29/06/26	8	Rounders/Cricket (AGP)		Cricket/Rounders (AGP)		Tennis	

START DATE	NUMBER OF LESSONS	CLASS CODE	TEACHER	CLASS CODE	TEACHER	CLASS CODE	TEACHER
		9Y ASPIRE	AS	9Y ACHIEVE	KP	9Y ACTIVE	LO
08/09/25	4	Fitness Testing		Fitness Testing		Fitness Testing	
22/09/25	8	Netball		Football (AGP)		Volleyball	
20/10/25	8	Gymnastics		Healthy Active Lifestyles		Rugby (AGP)	
<b>10/11/25</b>	<b>4</b>	<b>PPEs</b>		<b>PPEs</b>		<b>PPEs</b>	
24/11/25	8	Dance (Pop Bands)		Rugby (AGP)		Badminton	
06/01/26	2	Dodgeball / Benchball		Dodgeball / Benchball		Dodgeball / Benchball	
12/01/26	8	Volleyball		Cycling		Football (AGP)	
09/02/26	8	Football (AGP)		Volleyball		Healthy Active Lifestyles	
16/03/26	8	Rugby (AGP) LO		Badminton		Netball AS	
27/04/26	8	Athletics		Tennis		Athletics (10)	
01/06/26	8	Tennis		Athletics		Rounders/Cricket (AGP)	
29/06/26	8	Rounders/Cricket (AGP)		Cricket/Rounders (AGP)		Tennis	

### Year 10 Programme of Study

<b>Year 10</b>	<b>HT1 24/10/25</b>	<b>HT2 19/12/25</b>	<b>HT3 13/02/26</b>	<b>HT4 03/04/26</b>	<b>HT5 22/05/26</b>	<b>HT6 21/07/26</b>
<b>Health, Fitness &amp; Well-Being</b>	Effective use of warm-ups & cool downs		Energy use, diet, nutrition and hydration		The consequences of a sedentary lifestyle	

START DATE	NUMBER OF LESSONS	CLASS CODE	TEACHER	CLASS CODE	TEACHER	CLASS CODE	TEACHER
		10X PE2	AS	10X PE1	LO	10X PE3	KP
08/09/25	4	<b>Fitness Testing</b>		<b>Fitness Testing</b>		<b>Fitness Testing</b>	
22/09/25	8	Trampoline/Badminton		Danish Longball (AGP)		Gym (Boys)	
20/10/25	8	Gym (Girls)		Football (AGP)		Table Tennis	
<b>10/11/25</b>	<b>4</b>	<b>PPEs</b>		<b>PPEs</b>		<b>PPEs</b>	
24/11/25	8	Netball		Rugby		Darts	
06/01/26	2	Dodgeball / Benchball		Dodgeball / Benchball		Dodgeball / Benchball	
12/01/26	8	Offsite Recreational Walking		Badminton		Football (AGP)	
09/02/26	8	Just Dance		Rugby		Basketball	
16/03/26	8	Offsite Recreational Walking		Gym (Mixed)		Volleyball	
27/04/26	8	Athletics		Athletics		Tennis	
01/06/26	8	Tennis		Rounders/Cricket (AGP)		Athletics	
29/06/26	8	Rounders/Cricket (AGP)		Tennis		Cricket/Rounders (AGP)	

START DATE	NUMBER OF LESSONS	CLASS CODE	TEACHER	CLASS CODE	TEACHER	CLASS CODE	TEACHER
		10Y PE2	AS	10Y PE1	LO	10Y PE3	KP
08/09/25	4	<b>Fitness Testing</b>		<b>Fitness Testing</b>		<b>Fitness Testing</b>	
22/09/25	8	Trampoline/Badminton		Danish Longball (AGP)		Gym (Boys)	
20/10/25	8	Gym (Girls)		Football (AGP)		Table Tennis	
<b>10/11/25</b>	<b>4</b>	<b>PPEs</b>		<b>PPEs</b>		<b>PPEs</b>	
24/11/25	8	Netball		Rugby		Darts	
06/01/26	2	Dodgeball / Benchball		Dodgeball / Benchball		Dodgeball / Benchball	
12/01/26	8	Offsite Recreational Walking		Badminton		Football (AGP)	
09/02/26	8	Just Dance		Rugby		Basketball	
16/03/26	8	Offsite Recreational Walking		Gym (Mixed)		Volleyball	
27/04/26	8	Athletics		Athletics		Tennis	
01/06/26	8	Tennis		Rounders/Cricket (AGP)		Athletics	
29/06/26	8	Rounders/Cricket (AGP)		Tennis		Cricket/Rounders (AGP)	

### Year 11 Programme of Study

Year 11	HT1 24/10/25	HT2 19/12/25	HT3 13/02/26	HT4 03/04/26	HT5 22/05/26	HT6 21/07/26
<b>Health, Fitness &amp; Well-Being</b>	The benefits of sport and activity on their physical, social, emotional, and mental health and well being		Knowledge of the Wider opportunities of sport and leisure activities in their local community			

START DATE	NUMBER OF LESSONS	CLASS CODE	TEACHER	CLASS CODE	TEACHER	CLASS CODE	TEACHER
		11X PE2	HL	11X PE1	LO	11X PE3	KP/AS
08/09/25	4	<b>Fitness Testing</b>		<b>Fitness Testing</b>		<b>Fitness Testing</b>	
22/09/25	8	Trampoline/Badminton		Danish Longball (AGP)		Gym (Boys)	
20/10/25	8	Gym (Girls)		Football (AGP)		Table Tennis	
<b>10/11/25</b>	<b>4</b>	<b>PPEs</b>		<b>PPEs</b>		<b>PPEs</b>	
24/11/25	8	Netball		Rugby		Badminton	
06/01/26	2	Dodgeball / Benchball		Dodgeball / Benchball		Dodgeball / Benchball	
12/01/26	8	Badminton		Football (AGP)		Offsite Recreational Walking	
09/02/26	8	Offsite Recreational Walking		Basketball		Darts	
16/03/26	8	Just Dance		Gym (Mixed)		Volleyball	

START DATE	NUMBER OF LESSONS	CLASS CODE	TEACHER	CLASS CODE	TEACHER	CLASS CODE	TEACHER
		11Y PE3	HL	11Y PE1	KP	11Y PE2	AS
08/09/25	4	<b>Fitness Testing</b>		<b>Fitness Testing</b>		<b>Fitness Testing</b>	
22/09/25	8	Trampoline/Badminton		Danish Longball (AGP)		Gym (Boys)	
20/10/25	8	Gym (Girls)		Football (AGP)		Table Tennis	
<b>10/11/25</b>	<b>4</b>	<b>PPEs</b>		<b>PPEs</b>		<b>PPEs</b>	
24/11/25	8	Netball		Rugby		Badminton	
06/01/26	2	Dodgeball / Benchball		Dodgeball / Benchball		Dodgeball / Benchball	
12/01/26	8	Badminton		Football (AGP)		Offsite Recreational Walking	
09/02/26	8	Offsite Recreational Walking		Basketball		Darts	
16/03/26	8	Just Dance		Gym (Mixed)		Volleyball	