

Year 7 Programme of Study & Assessment

Year 7	HT1 23/10/26		HT2 18/12/26		HT3 12/02/27		HT4 25/03/27		HT5 28/05/27		HT6 22/07/27	
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	JF/OG	7X ACTIVE	KP
07/09/26	4	Baseline Testing		Baseline Testing		Baseline Testing	
14/09/26	8	Netball		Football (AGP)		Basketball (6)	
19/10/26	8	Gymnastics		Dance (Country/Stomp)		Rugby (AGP)	
09/11/26	4	PPEs		PPEs		PPEs	
23/11/26	8	Dance (Country/Stomp)		Rugby (AGP)		Gymnastics	
04/01/27	2	Indoor Athletics		Indoor Athletics		Indoor Athletics	
11/01/27	8	Badminton		Orienteering / Health & Fitness		Football (AGP)	
08/02/27	8	Football (AGP)		Basketball		Dance (Country/Stomp) (6)	
15/03/27	8	Rugby (AGP) KP		Badminton		Netball HL/AS	
26/04/27	8	Athletics		Tennis		Athletics (10)	
24/05/27	8	Tennis		Athletics		Rounders/Cricket (AGP)	
28/06/27	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/HL	7Y ACHIEVE	KP	7Y ACTIVE	LO/JF
07/09/26	4	Baseline Testing		Baseline Testing		Baseline Testing	
14/09/26	8	Netball		Football (AGP)		Basketball (6)	
19/10/26	8	Gymnastics		Dance (Country/Stomp)		Rugby (AGP)	
09/11/26	4	PPEs		PPEs		PPEs	
23/11/26	8	Dance (Country/Stomp)		Rugby (AGP)		Gymnastics	
04/01/27	2	Indoor Athletics		Indoor Athletics		Indoor Athletics	
11/01/27	8	Badminton		Orienteering / Health & Fitness		Football (AGP)	
08/02/27	8	Football (AGP)		Basketball		Dance (Country/Stomp) (6)	
15/03/27	8	Rugby (AGP) LO/JF		Badminton		Netball AS/HL	
26/04/27	8	Athletics		Tennis		Athletics (10)	
24/05/27	8	Tennis		Athletics		Rounders/Cricket (AGP)	
28/06/27	8	Rounders/Cricket (AGP)		Cricket/Rounders (AGP)		Tennis	

Year 8 Programme of Study & Assessment

Year 8	HT1 23/10/26		HT2 18/12/26		HT3 12/02/27		HT4 25/03/27		HT5 28/05/27		HT6 22/07/27	
Assessment	Hands	Head	Hands	Heart	Hands	Head	Hands	Heart	Hands	Head	Hands	Heart
Fitness & Training	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
07/09/26	4	Fitness Testing & Games		Fitness Testing & Games		Fitness Testing & Games	
14/09/26	8	Netball		Football (AGP)		Volleyball	
19/10/26	8	Gymnastics		Healthy Active Lifestyles		Rugby (AGP)	
09/11/26	4	PPEs		PPEs		PPEs	
23/11/26	8	Dance (Charleston)		Rugby (AGP)		Gymnastics	
04/01/27	2	Indoor Athletics		Indoor Athletics		Indoor Athletics	
11/01/27	8	Badminton		Orienteering		Football (AGP)	
08/02/27	8	Football (AGP)		Basketball		Healthy Active Lifestyles	
15/03/27	8	Rugby (AGP) KP		Badminton		Netball AS	
26/04/27	8	Athletics		Tennis		Athletics (10)	
24/05/27	8	Tennis		Athletics		Rounders/Cricket (AGP)	
28/06/27	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/LO		
07/09/26	4	Fitness Testing & Games		Fitness Testing & Games			
14/09/26	8	Netball		Football (AGP)			
19/10/26	8	Gymnastics		Healthy Active Lifestyles			
09/11/26	4	PPEs		PPEs			
23/11/26	8	Dance (Charleston)		Rugby (AGP)			
04/01/27	2	Indoor Athletics		Indoor Athletics			
11/01/27	8	Badminton		Orienteering			
08/02/27	8	Football (AGP)		Basketball			
15/03/27	8	Rugby (AGP) KP/LO		Badminton HL			
26/04/27	8	Athletics		Tennis			
24/05/27	8	Tennis		Athletics			
28/06/27	8	Rounders/Cricket (AGP)		Cricket/Rounders (AGP)			

Year 9 Programme of Study & Assessment

Year 9	HT1 23/10/26		HT2 18/12/26		HT3 12/02/27		HT4 25/03/27		HT5 28/05/27		HT6 22/07/27	
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	KP	9X ACTIVE	HL/LO
07/09/26	4	Fitness Testing		Fitness Testing		Fitness Testing	
14/09/26	8	Netball		Football (AGP)		Volleyball	
19/10/26	8	Gymnastics		Healthy Active Lifestyles		Rugby (AGP)	
09/11/26	4	PPEs		PPEs		PPEs	
23/11/26	8	Dance (Pop Bands)		Rugby (AGP)		Badminton	
04/01/27	2	Dodgeball / Benchball		Dodgeball / Benchball		Dodgeball / Benchball	
11/01/27	8	Volleyball		Cycling		Football (AGP)	
08/02/27	8	Football (AGP)		Volleyball		Healthy Active Lifestyles	
15/03/27	8	Rugby (AGP) KP		Badminton AS		Netball	
26/04/27	8	Athletics		Tennis		Athletics (10)	
24/05/27	8	Tennis		Athletics		Rounders/Cricket (AGP)	
28/06/27	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	HL
07/09/26	4	Fitness Testing		Fitness Testing		Fitness Testing	
14/09/26	8	Netball		Football (AGP)		Volleyball	
19/10/26	8	Gymnastics		Healthy Active Lifestyles HL		Rugby (AGP) KP	
09/11/26	4	PPEs		PPEs		PPEs	
23/11/26	8	Dance (Pop Bands)		Rugby (AGP)		Badminton	
04/01/27	2	Dodgeball / Benchball		Dodgeball / Benchball		Dodgeball / Benchball	
11/01/27	8	Volleyball		Cycling		Football (AGP)	
08/02/27	8	Football (AGP)		Volleyball		Healthy Active Lifestyles	
15/03/27	8	Rugby (AGP) KP		Badminton AS		Netball	
26/04/27	8	Athletics		Tennis		Athletics (10)	
24/05/27	8	Tennis		Athletics		Rounders/Cricket (AGP)	
28/06/27	8	Rounders/Cricket (AGP)		Cricket/Rounders (AGP)		Tennis	

Year 10 Programme of Study

Year 10	HT1 23/10/26	HT2 18/12/26	HT3 12/02/27	HT4 25/03/27	HT5 28/05/27	HT6 22/07/27
Health, Fitness & Well-Being	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	HL	10X PE1	LO	10X PE3	KP
07/09/26	2	Benchball		Benchball		Benchball	
14/09/26	10	Netball		Badminton		Football	
19/10/26	8	Offsite Recreational Walking		Basketball		Danish Longball	
09/11/26	4	PPEs		PPEs		PPEs	
23/11/26	8	Trampolining/Badminton		Gym (Boys)		Darts	
04/01/27	2	Dodgeball / Benchball		Dodgeball / Benchball		Dodgeball / Benchball	
11/01/27	8	Just Dance		Pickleball		Offsite Cycling	
08/02/27	8	Gym (Girls)		Rugby		Table Tennis	
15/03/27	8	Volleyball		Football		Offsite Recreational Walking	
26/04/27	8	Athletics		Rounders		Tennis	
24/05/27	8	Tennis		Cricket (AGP)		Athletics	
28/06/27	8	Rounders		Tennis/Pickleball		Rounders	

START DATE	NUMBER OF LESSONS	CLASS CODE	TEACHER	CLASS CODE	TEACHER	CLASS CODE	TEACHER
		10Y PE2	AS	10Y PE1	KP	10Y PE3	JF/CW
07/09/26	2	Benchball		Benchball		Benchball	
14/09/26	10	Netball		Football		Badminton	
19/10/26	8	Offsite Recreational Walking		Basketball		Danish Longball	
09/11/26	4	PPEs		PPEs		PPEs	
23/11/26	8	Trampolining/Badminton		Gym (Boys)		Darts	
04/01/27	2	Dodgeball / Benchball		Dodgeball / Benchball		Dodgeball / Benchball	
11/01/27	8	Just Dance		Pickleball		Offsite Cycling	
08/02/27	8	Gym (Girls)		Rugby		Table Tennis	
15/03/27	8	Volleyball		Football		Offsite Recreational Walking	
26/04/27	8	Athletics		Rounders		Tennis	
24/05/27	8	Tennis		Cricket (AGP)		Athletics	
28/06/27	8	Rounders		Tennis/Pickleball		Rounders	

Year 11 Programme of Study

Year 11	HT1 23/10/26	HT2 18/12/26	HT3 12/02/27	HT4 25/03/27	HT5 28/05/27	HT6 22/07/27
Health, Fitness & Well-Being	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	AS	11X PE1	LO	11X PE3	KP/JF
07/09/26	2	Benchball		Benchball		Benchball	
14/09/26	10	Netball		Football		Badminton	
19/10/26	8	Offsite Recreational Walking		Basketball		Danish Longball	
09/11/26	4	PPEs		PPEs		PPEs	
23/11/26	8	Trampolining/Badminton		Gym (Boys)		Darts	
04/01/27	2	Dodgeball / Benchball		Dodgeball / Benchball		Dodgeball / Benchball	
11/01/27	8	Just Dance		Pickleball		Offsite Cycling	
08/02/27	8	Gym (Girls)		Table Tennis		Darts	
15/03/27	8	Volleyball		Football		Offsite Recreational Walking	

START DATE	NUMBER OF LESSONS	CLASS CODE	TEACHER	CLASS CODE	TEACHER	CLASS CODE	TEACHER
		11Y PE3	AS	11Y PE1	KP/HL	11Y PE2	JF
07/09/26	2	Benchball		Benchball		Benchball	
14/09/26	10	Netball		Football		Badminton	
19/10/26	8	Offsite Recreational Walking		Basketball		Danish Longball	
09/11/26	4	PPEs		PPEs		PPEs	
23/11/26	8	Trampolining/Badminton		Gym (Boys)		Darts	
04/01/27	2	Dodgeball / Benchball		Dodgeball / Benchball		Dodgeball / Benchball	
11/01/27	8	Just Dance		Pickleball		Offsite Cycling	
08/02/27	8	Gym (Girls)		Badminton		Darts	
15/03/27	8	Volleyball		Football		Offsite Recreational Walking	