

KS4 PROGRAMME OF STUDY IN PHYSICAL EDUCATION

PARTICIPATION / LEADERSHIP AND APPLICATION OF SKILLS FROM KS3 TO DEVELOP LIFELONG PARTICIPATION									
YEAR 10 (S) <small>FIRST LESSON INDUCTION</small>	Half term 1		Half Term 2	Half Term 3		Half Term 4	Half Term 5	Half Term 6	
	7 Weeks		6 Weeks	5 Weeks		5 Weeks	6 Weeks	5 Weeks	2 Weeks
	ACTIVITY/ TEACHER		ACTIVITY/ TEACHER	ACTIVITY/ TEACHER		ACTIVITY/ TEACHER	ACTIVITY/ TEACHER	ACTIVITY/ TEACHER	
	WORLD SPORTS <i>(New Activities)</i>	Interform (Boys football, netball and badminton)	FREE SWIM <i>(open to all)</i>	CLUB ENERGY <i>(Open to all)</i>	Interform (Girls football, touch rugby and table tennis)	BOXING <i>(Girls)</i>	ROUNDERS <i>(Recreational Mixed)</i>	ROUNDERS 1 <i>(Recreational Mixed)</i>	Olympic Day prep
	NETBALL <i>(Competitive Girls)</i>		DODGEBALL <i>(Recreational Mixed)</i>	H.I.I.T / CROSSFIT <i>(Open to all)</i>		TABLE TENNIS <i>(Open to all)</i>	TAG RUGBY <i>(Open to all)</i>	ROUNDERS 2 <i>(Competitive)</i>	
	FOOTBALL <i>(Recreational Mixed)</i>		CLUB ENERGY <i>(New Activity)</i>	YOGA / BODY BALANCE <i>(Open to all)</i>		BASKETBALL <i>(Recreational Mixed)</i>	DODGEBALL <i>(Competitive)</i>	SOFTBALL <i>(Competitive)</i>	
	RUGBY <i>(Competitive Boys)</i>		BADMINTON <i>(GCSE PE and Competitive)</i>	BOXING <i>(New Activity)</i>		FREE SWIM <i>(open to all)</i>	CLUB ENERGY <i>(New Activity)</i>	FREE SWIM <i>(open to all)</i>	
	BADMINTON <i>(open to all)</i>		FOOTBALL <i>(Competitive Mixed)</i>	RUGBY <i>(Girls)</i>		FOOTBALL <i>(Competitive Boys)</i>	COUCH TO 5Km <i>(New Activity)</i>	VOLLEYBALL <i>(New Activity)</i>	
Wet Weather Space									

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YEAR 10 (F) <small>FIRST LESSON INDUCTION</small>	Half term 1		Half Term 2	Half Term 3		Half Term 4	Half Term 5	Half Term 6	
	7 Weeks		6 Weeks	5 Weeks		5 Weeks	6 Weeks	5 Weeks	2 Weeks
	ACTIVITY/ TEACHER		ACTIVITY/ TEACHER	ACTIVITY/ TEACHER		ACTIVITY/ TEACHER	ACTIVITY/ TEACHER	ACTIVITY/ TEACHER	
	WORLD SPORTS <i>(New Activities)</i>	Interform (Boys football, netball and badminton)	FREE SWIM <i>(open to all)</i>	CLUB ENERGY <i>(Open to all)</i>	Interform (Girls football, touch rugby and table tennis)	BOXING <i>(Girls)</i>	ROUNDERS <i>(Recreational Mixed)</i>	ROUNDERS 1 <i>(Recreational Mixed)</i>	Olympic Day prep
	NETBALL <i>(Competitive Girls)</i>		DODGEBALL <i>(Recreational Mixed)</i>	H.I.I.T / CROSSFIT <i>(Open to all)</i>		TABLE TENNIS <i>(Open to all)</i>	TAG RUGBY <i>(Open to all)</i>	ROUNDERS 2 <i>(Competitive)</i>	
	FOOTBALL <i>(Recreational Mixed)</i>		CLUB ENERGY <i>(New Activity)</i>	YOGA / BODY BALANCE <i>(Open to all)</i>		BASKETBALL <i>(Recreational Mixed)</i>	DODGEBALL <i>(Competitive)</i>	SOFTBALL <i>(Competitive)</i>	
	RUGBY <i>(Competitive Boys)</i>		BADMINTON <i>(GCSE PE and Competitive)</i>	BOXING <i>(New Activity)</i>		FREE SWIM <i>(open to all)</i>	CLUB ENERGY <i>(New Activity)</i>	FREE SWIM <i>(open to all)</i>	
	BADMINTON <i>(open to all)</i>		FOOTBALL <i>(Competitive Mixed)</i>	RUGBY <i>(Girls)</i>		FOOTBALL <i>(Competitive Boys)</i>	COUCH TO 5Km <i>(New Activity)</i>	VOLLEYBALL <i>(New Activity)</i>	
Wet Weather Space									

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PARTICIPATION / LEADERSHIP AND APPLICATION OF SKILLS FROM KS3 TO DEVELOP LIFELONG PARTICIPATION								
YEAR 11 (S) <small>FIRST LESSON INDUCTION</small>	Half term 1		Half Term 2	Half Term 3		Half Term 4	Half Term 5	Half Term 6
	7 Weeks		6 Weeks	5 Weeks		5 Weeks	6 Weeks	7 Weeks
	ACTIVITY/ TEACHER		ACTIVITY/ TEACHER	ACTIVITY/ TEACHER		ACTIVITY/ TEACHER	ACTIVITY/ TEACHER	Study Leave
	ZUMBA (New Activity)		FREE SWIM (open to all)	CLUB ENERGY (Open to all)		BOXING (Girls)	ROUNDERS (Competitive)	
	NETBALL (Competitive Girls)		DODGEBALL (Recreational Mixed)	H.I.I.T / CROSSFIT (Open to all)		TABLE TENNIS (Open to all)	TAG RUGBY (Open to all)	
	FOOTBALL (Recreational Mixed)		CLUB ENERGY (New Activity)	YOGA / BODY BALANCE (Open to all)		BASKETBALL (Recreational Mixed)	DODGEBALL (Recreational Mixed)	
	RUGBY (Competitive Boys)		BADMINTON (GCSE PE and Competitive)	BOXING (New Activity)		FREE SWIM (open to all)	SOFTBALL (Competitive)	
	BADMINTON (open to all)		FOOTBALL (Competitive Mixed)	RUGBY (Girls)		FOOTBALL (Competitive Boys)	WALKING (New Activity)	
Wet Weather Space								

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YEAR 11 (F) <small>FIRST LESSON INDUCTION</small>	Half term 1		Half Term 2	Half Term 3		Half Term 4	Half Term 5	Half Term 6
	7 Weeks		6 Weeks	5 Weeks		5 Weeks	6 Weeks	7 Weeks
	ACTIVITY/ TEACHER		ACTIVITY/ TEACHER	ACTIVITY/ TEACHER		ACTIVITY/ TEACHER	ACTIVITY/ TEACHER	Study Leave
	ZUMBA <i>(New Activity)</i>		FREE SWIM <i>(open to all)</i>	CLUB ENERGY <i>(Open to all)</i>		BOXING <i>(Girls)</i>	ROUNDERS <i>(Competitive)</i>	
	NETBALL <i>(Competitive Girls)</i>		DODGEBALL <i>(Recreational Mixed)</i>	H.I.I.T / CROSSFIT <i>(Open to all)</i>		TABLE TENNIS <i>(Open to all)</i>	TAG RUGBY <i>(Open to all)</i>	
	FOOTBALL <i>(Recreational Mixed)</i>		CLUB ENERGY <i>(New Activity)</i>	YOGA / BODY BALANCE <i>(Open to all)</i>		BASKETBALL <i>(Recreational Mixed)</i>	DODGEBALL <i>(Recreational Mixed)</i>	
	RUGBY <i>(Competitive Boys)</i>		BADMINTON <i>(GCSE PE and Competitive)</i>	BOXING <i>(New Activity)</i>		FREE SWIM <i>(open to all)</i>	SOFTBALL <i>(Competitive)</i>	
	BADMINTON <i>(open to all)</i>		FOOTBALL <i>(Competitive Mixed)</i>	RUGBY <i>(Girls)</i>		FOOTBALL <i>(Competitive Boys)</i>	WALKING <i>(New Activity)</i>	
Wet Weather Space								