

YEAR 7 CORE PE MODULE PLANS 2022/2023

Year 7	Term	Theme	Dates	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
Winter	1	Standards & Expectations	12/9 - 30/9	Carousel	Carousel	Carousel	Carousel	Carousel	Carousel
			3/10 - 21/10	Carousel	Carousel	Carousel	Carousel	Carousel	Carousel
	2	Fifa World Cup	31/10 - 18/11	Rugby	Rugby	Gymnastics	Badminton	Netball	Dance
			21/11 - 16/12	Badminton	Football	Rugby	Hockey	Dance	Netball
Spring	3	Your Body	4/01 - 27/1	Football	Dance	Badminton	Netball	Couch to 2K	Hockey
			30/01 - 17/2	Gymnastics	Badminton	Football	Dance	Hockey	HRF
	4	Your Mind	27/2 - 10/3	Basketball	Gymnastics	Dance	Football	Football	Couch to 2K
			13/3 - 31/3	Football	Basketball	Couch to 2K	Gymnastics	HRF	Football
Summer	5		17/4 - 5/5	Athletics	Tennis	Cricket	Athletics	Badminton	Gymnastics
			8/5 - 26/5	Cricket	Rounders	Athletics	Tennis	Gymnastics	Athletics
	6		5/6 - 23/6	Athletics	Cricket	Rounders	Athletics	Rounders	Badminton
			26/6 - 25/7	Tennis	Athletics	Basketball	Rounders	Athletics	Rounders

Sports Hall	Field	Astro	Dance Studio	HRF Room	Girls Gym
LS Playground	US Playground				

YEAR 8 CORE PE MODULE PLANS 2022/2023

Year 8	Term	Theme	Dates	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
Winter	1	Standards & Expectations	12/9 - 30/9	Badminton	Rugby	Dodgeball	Netball	HRF	Hockey
			3/ 10- 21/10	Rugby	HRF	Dance	Badminton	Netball	Dodgeball
	2	Fifa World Cup	31/10 - 18/ 11	Gymnastics	Football	HRF	Dance	Badminton	Football
			21/11 - 16/12	Football	Dance	Rugby	Hockey	Netball	Couch to 3K
Spring	3	Your Body	4/01 - 27/1	Rugby	Football	Badminton	Netball	Hockey	
			30/01 - 17/2	HRF	Badminton	Gymnastics	Football	Dance	Netball
	4	Your Mind	27/2 - 10/3	Basketball	Gymnastics	Football	HRF	Couch to 3K	Dance
			13/3 - 31/3	Football	Basketball	Couch to 3K	Gymnastics	Football	HRF
Summer	5		17/4 - 5/5	Athletics	Tennis	Cricket	Athletics	Tennis	Gymnastics
			8/5 - 26/5	Cricket	Rounders	Athletics	Tennis	Gymnastics	Athletics
	6		5/6 - 23/6	Athletics	Cricket	Rounders	Athletics	Rounders	Badminton
			26/6 - 25/7	Tennis	Athletics	Basketball	Rounders	Athletics	Rounders

Sports Hall	Field	Astro	Dance Studio	HRF Room	Girls Gym
LS Playground	US Playground				

YEAR 9 CORE PE MODULE PLANS 2022/2023

Year 9	Term	Theme	Dates	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
Winter	1	Standards & Expectations	12/9 - 30/9	Badminton	Rugby	Dodgeball	Netball	HRF	Hockey
			3/10 - 21/10	Rugby	HRF	Table Tennis	Badminton	Netball	Dodgeball
	2	Fifa World Cup	31/10 - 18/11	Gymnastics	Football	HRF	Dance	Badminton	Football
			21/11 - 16/12	Football	Table Tennis	Rugby	Hockey	Netball	Couch to 4K
Spring	3	Your Body	4/01 - 27/1	Rugby	Football	Badminton	Netball	Hockey	
			30/01 - 17/2	HRF	Badminton	Gymnastics	Football	Dance	Netball
	4	Your Mind	27/2 - 10/3	Basketball	Gymnastics	Football	HRF	Couch to 4K	Dance
			13/3 - 31/3	Football	Basketball	Couch to 4K	Gymnastics	Football	HRF
Summer	5		17/4 - 5/5	Athletics	Tennis	Cricket	Athletics	Tennis	Gymnastics
			8/5 - 26/5	Cricket	Rounders	Athletics	Tennis	Gymnastics	Athletics
	6		5/6 - 23/6	Athletics	Cricket	Rounders	Athletics	Rounders	Badminton
			26/6 - 25/7	Tennis	Athletics	Basketball	Rounders	Athletics	Rounders

Sports Hall	Field	Astro	Dance Studio	HRF Room	Girls Gym
LS Playground	US Playground				

YEAR 10 CORE PE MODULE PLANS 2022/2023

Year 10	Term	Theme	Dates	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
Winter	1	Standards & Expectations	12/9 - 30/9	Badminton	Rugby	Dodgeball	Netball	HRF	Hockey
			3/10 - 21/10	Badminton	HRF	Rugby	Netball	Hockey	Dodgeball
	2	Fifa World Cup	31/10 - 18/11	Rugby	Football	HRF	Badminton	Fit for Life	Football
			21/11 - 16/12	Rugby	Football	Couch to 5K	Badminton	Netball	Yoga
Spring	3	Your Body	4/01 - 27/1	Football	Table Tennis	Badminton	Hockey	Netball	Couch to 5K
			30/01 - 17/2	Football	Badminton	Fit for Life	Football	Dance	HRF
	4	Your Mind	27/2 - 10/3	Basketball	Fit for Life	Football	HRF	Couch to 5K	Dance
			13/3 - 31/3	HRF	Basketball	Table Tennis	Fit For Sport	Football	Netball
Summer	5		17/4 - 5/5	Athletics	Tennis	Cricket	Athletics	Badminton	Fit for Life
			8/5 - 26/5	Athletics	Cricket	Basketball	Athletics	Tennis	Rounders
	6		5/6 - 23/6	Cricket	Athletics	Athletics	Rounders	Rounders	Badminton
			26/6 - 25/7	Tennis	Rounders	Rounders	Tennis	Athletics	Athletics

Sports Hall	Field	Astro	Dance Studio	HRF Room	Girls Gym
LS Playground	US Playground				

YEAR 11 CORE PE MODULE PLANS 2022/2023

Year 11	Term	Theme	Dates	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
Winter	1	Standards & Expectations	12/9 - 30/9	Badminton	Rugby	Dodgeball	Netball	HRF	Hockey
			3/10 - 21/10	Badminton	HRF	Rugby	Netball	Hockey	Dodgeball
	2	Fifa World Cup	31/10 - 18/11	Rugby	Football	HRF	Badminton	Fit for Life	Football
			21/11 - 16/12	Rugby	Football	Couch to 5K	Badminton	Netball	Yoga
Spring	3	Your Body	4/01 - 27/1	Football	Table Tennis	Badminton	Hockey	Netball	Couch to 5K
			30/01 - 17/2	Football	Badminton	Fit for Life	Football	Yoga	HRF
	4	Your Mind	27/2 - 10/3	Basketball	Fit for Life	Football	HRF	Couch to 5K	Dance
			13/3 - 31/3	HRF	Basketball	Table Tennis	Fit For Sport	Football	Netball
Summer	5		17/4 - 5/5	Rounders	Tennis	Cricket	Rounders	Badminton	Fit for Life
			8/5 - 26/5	Softball	Cricket	Basketball	Tennis	Rounders	Rounders
	6		5/6 - 23/6						
			26/6 - 25/7						

Sports Hall	Field	Astro	Dance Studio	HRF Room	Girls Gym
LS Playground	US Playground				