



# Year 7X

Forms: 7HFN, 7CD, 7AE



## Half Term 1

Week	1Friday4	2Friday4	1Weds1	1Friday4	2Friday4	1Weds1	1Friday4				2Friday4	1Weds1	1Friday4	2Friday4	
Date	06-Sep	13-Sep	18-Sep	20-Sep	27-Sep	02-Oct	04-Oct				11-Oct	16-Oct	18-Oct	25-Oct	
Lesson	1	2	3	4	5	6	7				8	9	10	11	
GCSE Link	Introduction to Physical Education														
7X1	SAJ	Introduction to Physical Education	Fundamental Movement Skills					Group Changes	Girls	7X1	SAJ	Sportshall			
7X2	MH		Fundamental Movement Skills						Mixed	7X2	MH	MUGA			
7X3	DM		Fundamental Movement Skills						Boys	7X3	DM	3G			

## Half Term 2

Week	1Weds1	1Friday	2Friday	1Weds1	1Friday	2Friday	1Weds1	1Friday	2Friday	1Weds1	1Friday	
Date	06-Nov	08-Nov	15-Nov	20-Nov	22-Nov	29-Nov	04-Dec	06-Dec	11-Dec	13-Dec	20-Dec	
Lesson	12	13	14	15	16	17	18	19				
GCSE Link	Half-Term GCSE Link: Muscles											
Girls	7X1	SAJ 2 DW	Sportshall	Sportshall				MUGA		Assessment Week	Assessment Week	INSET
Mixed	7X2	MH	MUGA	Fitness Suite				Sportshall				
Boys	7X3	DM	3G	MUGA				Fitness Suite				

Half Term 3												
Week			2Friday	1Weds1	1Friday	2Friday	1Weds1	1Friday	2Friday	1Weds1	1Friday	2Friday
Date			10-Jan	15-Jan	17-Jan	21-Jan	29-Jan	31-Jan	07-Jan	12-Feb	14-Feb	21-Feb
Lesson			20	21	22	23	24	25	26	27	28	29
GCSE Link			Half-Term GCSE Link: Short Term and Long Term Effects of Exercise									
Girls	7X1	SAJ 2 DW	MUGA			Sportshall					Fitness Suite	
Mixed	7X2	MH	Sportshall			Sportshall					Sportshall	
Boys	7X3	DM	Fitness Suite			Sportshall					3G	
Half Term 4												
Week			1Weds1	1Friday	2Friday	1Weds1	1Friday	2Friday	1Weds1	1Friday	2Friday	
Date			05-Mar	07-Mar	14-Mar	19-Mar	21-Mar	28-Mar	02-Apr	04-Apr	11-Apr	
Lesson			30	31	32	33	34	35	36	37	38	
GCSE Link			Half-Term GCSE Link: Components of Fitness									
Girls	7X1	SAJ 2 DW	Fitness Suite			Hall					Introduction to Athletics	
Mixed	7X2	MH	Sportshall			3G						
Boys	7X3	DM	3G			Sportshall						

Half Term 5						
Week	1Weds1	1Friday	2Friday	1Weds1	1Friday	2Friday
Date	30-Apr	02-May	09-May	14-May	16-May	23-May
Lesson	39	40	41	42	43	44
GCSE Link	Half-Term GCSE Link: Aerobic and Anaerobic					
Girls	7X1	JAG 2 DW 1	Track: Athletics			
Mixed	7X2	MH				
Boys	7X3	DM				

Half Term 6											
Week	1Weds1	1Friday	2Friday	1Weds1	1Friday	2Friday	1Weds1	1Friday	2Friday	1Weds1	1Friday
Date	04-Jun	06-Jun	13-Jun	18-Jun	20-Jun	27-May	02-Jul	04-Jul	11-Jul	16-Jul	18-Jul
Lesson	45	46	47	48	49	50	51	52	53	54	55
GCSE Link	Half-Term GCSE Link: Principles of Training										
Girls	7X1	JAG 2 DW 1	Track	MUGA			3G		3G		
			Athletics	Tennis			Striking Games		Striking Games		
Mixed	7X2	MH	Track	3G			3G		MUGA		
			Athletics	Striking Games			Striking Games		Tennis		
Boys	7X3	DM	Track	3G			MUGA		3G		
			Athletics	Striking Games			Tennis		Striking Games		