



# Year 7Y

Forms: 7NTS, 7SSH, 7MDA



Half Term 1														
Week	1Tues4	2Thurs4	1Mon3	1Tues4	2Thurs4	1Mon3	1Tues4				2Thurs4	1Mon3	1Tues4	2Thurs4
Date	03-Sep	12-Sep	16-Sep	17-Sep	26-Sep	01-Oct	02-Oct				10-Oct	14-Oct	15-Oct	24-Oct
Lesson	1	2	3	4	5	6	7				8	9	10	11
GCSE Link	Introduction to Physical Education													
7Y1	SAJ	Introduction to Physical Education	Fundamental Movement Skills					Group Changes				Sportshall		
7Y3	DM2 MH1		Fundamental Movement Skills						Girls	7Y1	SAJ	MUGA		
7Y2	DW		Fundamental Movement Skills						Boys	7Y2	DW	3G		

Half Term 2												
Week	1Mon3	1Tues4	2Thurs4	1Mon3	1Tues4	2Thurs4	1Mon3	1Tues4	2Thurs4	1Mon3	1Tues4	2Thurs4
Date	04-Nov	05-Nov	14-Nov	18-Nov	19-Nov	28-Nov	02-Dec	03-Dec	12-Dec	16-Dec	17-Dec	
Lesson	12	13	14	15	16	17	18	19				
GCSE Link	Half-Term GCSE Link: Muscles											
Girls	7Y1	SAJ	Sportshall	Sportshall			MUGA		Assessment Week	Assessment Week	Assessment Week	
Mixed	7Y3	DM	MUGA	Fitness Suite			Sportshall					
Boys	7Y2	DW	3G	MUGA			Fitness Suite					

Half Term 3													
Week			2Thurs4	1Mon3	1Tues4	2Thurs4	1Mon3	1Tues4	2Thurs4	1Mon3	1Tues4	2Thurs4	
Date			09-Jan	13-Jan	14-Jan	23-Jan	27-Jan	28-Jan	06-Feb	10-Feb	11-Feb	20-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	7Y1	SAJ	MUGA			Sportshall					Fitness Suite		
	Mixed	7Y3	DM	Sportshall			Sportshall					Sportshall	
	Boys	7Y2	DW	Fitness Suite			Sportshall					3G	
Half Term 4													
Week			1Mon3	1Tues4	2Thurs4	1Mon3	1Tues4	2Thurs4	1Mon3	1Tues4	2Thurs4		
Date			03-Mar	04-Mar	13-Mar	17-Mar	18-Mar	27-Mar	31-Mar	01-Apr	10-Apr		
Lesson			30	31	32	33	34	35	36	37	38		
GCSE Link			Half-Term GCSE Link: Components of Fitness										
Girls	7Y1	SAJ	Fitness Suite			Hall					Introduction to Athletics		
	Mixed	7Y3	DM2 MH1	Sportshall			3G						
	Boys	7Y2	DW	3G			Sportshall						

			Half Term 5						
Week			1Mon3	1Tues4	2Thurs4	1Mon3	1Tues4	2Thurs4	
Date			28-Apr	29-Apr	08-May	12-May	13-May	22-May	
Lesson			39	40	41	42	43	44	
GCSE Link			Half-Term GCSE Link: Aerobic and Anaerobic Exercise						
Girls	7Y1	SAJ	Track: Athletics						
Mixed	7Y3	DM2 MH1							
Boys	7Y2	DW							

			Half Term 6										
Week			1Mon3	1Tues4	2Thurs4	1Mon3	1Tues4	2Thurs4	1Mon3	1Tues4	2Thurs4	1Mon3	1Tues4
Date			02-Jun	03-Jun	12-Jun	16-Jun	17-Jun	26-Jun	30-Jun	01-Jul	10-Jul	14-Jul	15-Jul
Lesson			45	46	47	48	49	50	51	52	53	54	55
GCSE Link			Half-Term GCSE Link: Principles of Training										
Girls	7Y1	SAJ	Track	MUGA			3G		3G				
			Athletics	Tennis			Striking Games		Striking Games				
Mixed	7Y3	DM2 MH1	Track	3G			3G		MUGA				
			Athletics	Striking Games			Striking Games		Tennis				
Boys	7Y2	DW	Track	3G			MUGA		3G				
			Athletics	Striking Games			Tennis		Striking Games				