



Year 8X



Forms: 8IP, 8AP, 8ID

Half Term 1												
Week	1Thurs1	2Tues2	2Wed4	1Thurs1	2Tues2	2Wed4	1Thurs1	2Tues2	2Wed4	1Thurs1	2Tues2	2Wed4
Date	05-Sep	10-Sep	11-Sep	19-Sep	24-Sep	25-Sep	03-Oct	08-Oct	09-Oct	17-Oct	22-Oct	23-Oct
Lesson	1	2	3	4	5	6	7	8	9	10	11	12
GCSE Link	Half-Term GCSE Link: Warm-Up, Cool Down and Heart Rate											
Mixed	8X2	MH	Introduction to Physical Education	MUGA			Fitness Suite				Sportshall	
Girls	8X1	SAJ2 DW1		Sportshall			Sportshall				MUGA	
Boys	8X3	DM		3G			MUGA				Fitness Suite	

Half Term 2										
Week	1Thurs1	2Tues2	2Wed4	1Thurs1	2Tues2	2Wed4	1Thurs1	2Tues2	2Wed4	1Thurs1
Date	07-Nov	12-Nov	13-Nov	21-Nov	26-Nov	27-Nov	05-Dec	10-Dec	11-Dec	19-Dec
Lesson	13	14	15	16	17	18	19	20		
GCSE Link	Half-Term GCSE Link: Muscles									
Mixed	8X2	MH	Sportshall			Sportshall			Assessment Week	INSET
Girls	8X1	SAJ2 DW1	MUGA			Fitness Suite				
Boys	8X3	DM	Fitness Suite			3G				

Half Term 3

Week			2Tues2	2Wed4	1Thurs1	2Tues2	2Wed4	1Thurs1	2Tues2	2Wed4	1Thurs1	2Tues2	2Wed4
Date			07-Jan	08-Jan	16-Jan	21-Jan	22-Jan	30-Jan	04-Feb	05-Feb	13-Feb	18-Feb	19-Feb
Lesson			21	22	23	24	25	26	27	28	29	30	31
GCSE Link			Half-Term GCSE Link: Short Term and Long Term Effects of Exercise										
Mixed	8X2	MH	Sportshall	Sportshall					3G				
Girls	8X1	SAJ2 DW1	Fitness Suite	Sportshall					Hall				
Boys	8X3	DM	3G	Sportshall					Sportshall				

Half Term 4

Week			1Thurs1	2Tues2	2Wed4	1Thurs1	2Tues2	2Wed4	1Thurs1	2Tues2	2Wed4	
Date			06-Mar	11-Mar	12-Mar	20-Mar	25-Mar	26-Mar	03-Apr	08-Apr	09-Apr	
Lesson			32	33	34	35	36	37	38	39	40	
GCSE Link			Half-Term GCSE Link: Components of Fitness									
Mixed	8X2	MH	Hall					Introduction to Athletics	Track: Athletics			
Girls	8X1	SAJ2 DW1	3G									
Boys	8X3	DM	Sportshall									

Half Term 5

Week			1Thurs1	2Tues2	2Wed4	1Thurs1	2Tues2	2Wed4
Date			01-May	06-May	07-May	15-May	20-May	21-May
Lesson			41	42	43	44	45	46
GCSE Link			Half-Term GCSE Link: Aerobic and Anaerobic Exercise					

Mixed	8X2	MH	Track: Athletics
Girls	8X1	SAJ2 DW1	
Boys	8X3	DM	

Half Term 6

Week	1Thurs1	2Tues2	2Wed4	1Thurs1	2Tues2	2Wed4	1Thurs1	2Tues2	2Wed4	1Thurs1
Date	05-Jun	10-Jun	11-Jun	19-Jun	24-Jun	25-Jun	03-Jul	08-Jul	09-Jul	17-Jul
Lesson	47	48	49	50	51	52	53	54	55	56
GCSE Link	Half-Term GCSE Link: Principles of Training									
Mixed	8X2	MH	3G		3G		MUGA			
Girls	8X1	SAJ2 DW1	3G		MUGA		3G			
Boys	8X3	DM	MUGA		3G		3G			