



Year 8Y

Forms: 8MCH, 8SM, 8SSN



Half Term 1

Week	1Weds4	2Tues5	1Tues2	1Weds4	2Tues5	1Tues2	1Weds4	2Tues5	1Tues2	1Weds4	2Tues5
Date	04-Sep	10-Sep	17-Sep	18-Sep	24-Sep	01-Oct	02-Oct	08-Oct	15-Oct	16-Oct	22-Oct
Lesson	1	2	3	4	5	6	7	8	9	10	11
GCSE Link	Half-Term GCSE Link: Warm-Up, Cool Down and Heart Rate										
Mixed	8Y1	DW2 SAJ1	Introduction to Physical Education	MUGA				Fitness Suite			
Girls	8Y2	MH		Sportshall				Sportshall			
Boys	8Y3	DM		3G				MUGA			

Half Term 2

Week	1Tues2	1Weds4	2Tues5	1Tues2	1Weds4	2Tues5	1Tues2	1Weds4	2Tues5	1Tues2	1Weds4	
Date	05-Nov	06-Nov	12-Nov	19-Nov	20-Nov	26-Nov	03-Dec	04-Dec	10-Dec	17-Dec	18-Dec	
Lesson	12	13	14	15	16	17	18	19	20			
GCSE Link	Half-Term GCSE Link: Muscles											
Mixed	8Y1	DW2 SAJ1	Sportshall				Sportshall				INSET	INSET
Girls	8Y2	MH	MUGA				Fitness Suite					

Boys	8Y3	DM	Fitness Suite	3G		
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Half Term 3

Week			2Tues5	1Tues2	1Weds4	2Tues5	1Tues2	1Weds4	2Tues5	1Tues2	1Weds4	2Tues5	
Date			07-Jan	14-Jan	15-Jan	21-Jan	28-Jan	29-Jan	04-Feb	11-Feb	12-Feb	18-Feb	
Lesson			21	22	23	24	25	26	27	28	29	30	
GCSE Link			Half-Term GCSE Link: Short Term and Long Term Effects of Exercise										
Mixed	8Y1	DW2 SAJ1	Sportshall	Sportshall					3G				
Girls	8Y2	MH	Fitness Suite	Sportshall					Hall				
Boys	8Y3	DM	3G	Sportshall					Sportshall				

Half Term 4

Week			1Tues2	1Weds4	2Tues5	1Tues2	1Weds4	2Tues5	1Tues2	1Weds4	2Tues5	
Date			04-Mar	05-Mar	11-Mar	18-Mar	19-Mar	25-Mar	01-Apr	02-Apr	08-Apr	
Lesson			31	32	33	34	35	36	37	38	39	
GCSE Link			Half-Term GCSE Link: Components of Fitness									
Mixed	8Y1	DW2 SAJ1	3G	Hall					Introduction to Athletics	Track: Athletics		
Girls	8Y2	MH	Hall	3G								
Boys	8Y3	DM	Sportshall	Sportshall								

Half Term 5

Week			1Tues2	1Weds4	2Tues5	1Tues2	1Weds4	2Tues5
Date			29-Apr	30-Apr	06-May	13-May	14-May	20-May
Lesson			40	41	42	43	44	45
GCSE Link			Half-Term GCSE Link: Aerobic and Anaerobic Exercise					

	8Y1	DW2 SAJ1	Track: Athletics
Girls	8Y2	MH	
Boys	8Y3	DM	

Half Term 6

Week	Date	Lesson	GCSE Link
1Tues2	03-Jun	46	Half-Term GCSE Link: Principles of Training
1Weds4	04-Jun	47	
2Tues5	10-Jun	48	
1Tues2	17-Jun	49	Half-Term GCSE Link: Principles of Training
1Weds4	18-Jun	50	
2Tues5	24-Jun	51	
1Tues2	01-Jul	52	Half-Term GCSE Link: Principles of Training
1Weds4	02-Jul	53	
2Tues5	08-Jul	54	
1Tues2	15-Jul	55	Half-Term GCSE Link: Principles of Training
1Weds4	17-Jul	56	
1Tues2	17-Jul	56	
Mixed	8Y1	DW2 SAJ1	3G
Girls	8Y2	MH	3G
Boys	8Y3	DM	MUGA
			End of Year Tournament