



Year 9X

Forms: 9LSJ, 9CSU, 9HJP



Half Term 1

Week	1Fri3	2Weds3	1Tues1	1Fri3	2Weds3	1Tues1	1Fri3	2Weds3	1Tues1	1Fri3	2Weds3
Date	06-Sep	11-Sep	17-Sep	20-Sep	25-Sep	01-Oct	04-Oct	09-Oct	15-Oct	18-Oct	23-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	9X2	MH	MUGA				Fitness Suite				
Girls	9X1	SAJ2 DW1	Sportshall				Sportshall				
Boys	9X3	DM	3G				MUGA				

Half Term 2

Week	1Tues1	1Fri3	2Weds3	1Tues1	1Fri3	2Weds3	1Tues1	1Fri3	2Weds3	1Tues1	1Fri3	
Date	05-Nov	08-Nov	13-Nov	19-Nov	22-Nov	27-Nov	03-Dec	06-Dec	11-Dec	17-Dec	20-Dec	
Lesson	12	13	14	15	16	17	18	19				
GCSE Link	Half-Term GCSE Link: Muscles											
Mixed	9X2	MH	Sportshall				Sportshall			Instrument Week	Instrument Week	INSET
Girls	9X1	SAJ2 DW1	MUGA				Fitness Suite			Instrument Week	Instrument Week	INSET

Boys	9X3	DM	Fitness Suite	3G	Asses	Asses	
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Half Term 3

Week			2Weds3	1Tues1	1Fri3	2Weds3	1Tues1	1Fri3	2Weds3	1Tues1	1Fri3	2Weds3	
Date			08-Jan	14-Jan	17-Jan	22-Jan	28-Jan	31-Jan	05-Feb	11-Feb	14-Feb	19-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										
Mixed	9X2	MH	Sportshall	Sportshall					3G				
Girls	9X1	SAJ2 DW1	Fitness Suite	Sportshall					Hall				
Boys	9X3	DM	3G	Sportshall					Sportshall				

Half Term 4

Week			1Tues1	1Fri3	2Weds3	1Tues1	1Fri3	2Weds3	1Tues1	1Fri3	2Weds3		
Date			04-Mar	07-Mar	12-Mar	18-Mar	21-Mar	26-Mar	01-Apr	04-Apr	09-Apr		
Lesson			30	31	32	33	34	35	36	37	38		
GCSE Link			Half-Term GCSE Link: Components of Fitness										
Mixed	9X2	MH	3G			Hall						Introduction to Athletics	Track: Athletics
Girls	9X1	SAJ2 DW1	Hall			3G							
Boys	9X3	DM	Sportshall			Sportshall							

Half Term 5

Week			1Tues1	1Fri3	2Weds3	1Tues1	1Fri3	2Weds3
Date			29-Apr	02-May	07-May	13-May	16-May	21-May
Lesson			39	40	41	42	43	44
GCSE Link			Half-Term GCSE Link: Aerobic and Anaerobic Exercise					
Mixed	9X2	MH	Track: Athletics					
Girls	9X1	SAJ2 DW1						
Boys	9X3	DM						

Half Term 6

Week			1Tues1	1Fri3	2Weds3	1Tues1	1Fri3	2Weds3	1Tues1	1Fri3	2Weds3	1Tues1	1Fri3
Date			03-Jun	06-Jun	11-Jun	17-Jun	20-Jun	25-Jun	01-Jul	04-Jul	09-Jul	15-Jul	18-Jul
Lesson			45	46	47	48	49	50	51	52	53	54	55
GCSE Link			Half-Term GCSE Link: Principles of Training										
Mixed	9X2	MH	3G			3G			MUGA			End of Year Tournament	
Girls	9X1	SAJ2 DW1	Striking Games			Striking Games			Tennis				
Boys	9X3	DM	3G			MUGA			3G				
			Striking Games			Tennis			Striking Games				
			MUGA			3G			3G				
			Tennis			Striking Games			Striking Games				