



# Year 9Y

Forms: 9HP, 9CMN, 9LPR



## Half Term 1

Week	1Thurs4	2Mon5	1Mon1	1Thurs4	2Mon5	1Mon1	1Thurs4	2Mon5	1Mon1	1Thurs4	2Mon5
Date	05-Sep	09-Sep	16-Sep	19-Sep	23-Sep	30-Sep	03-Oct	07-Oct	14-Oct	17-Oct	21-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	9Y3	DM	MUGA				Fitness Suite				
Girls	9Y1	SAJ	Sportshall				Sportshall				
Boys	9Y2	MH	3G				MUGA				

## Half Term 2

Week	1Mon1	1Thurs4	2Mon5	1Mon1	1Thurs4	2Mon5	1Mon1	1Thurs4	2Mon5	1Mon1	1Thurs4	
Date	04-Nov	07-Nov	11-Nov	18-Nov	21-Nov	25-Nov	02-Dec	05-Dec	09-Dec	16-Dec	19-Dec	
Lesson	12	13	14	15	16	17	18	19				
GCSE Link	Half-Term GCSE Link: Muscles											
Mixed	9Y3	DM	Sportshall				Sportshall				Assessment Week	INSET
Girls	9Y1	SAJ	MUGA				Fitness Suite					
Boys	9Y2	MH	Fitness Suite				3G					

### Half Term 3

Week			2Mon5	1Mon1	1Thurs4	2Mon5	1Mon1	1Thurs4	2Mon5	1Mon1	1Thurs4	2Mon5
Date			06-Jan	13-Jan	16-Jan	20-Jan	27-Jan	30-Jan	03-Feb	10-Feb	13-Feb	17-Feb
Lesson			20	21	22	23	24	25	26	27	28	
GCSE Link			Half-Term GCSE Link: Short Term and Long Term Effects of Exercise									
Mixed	9Y3	DM	Sportshall	Sportshall				3G				INSET
Girls	9Y1	SAJ	Fitness Suite	Sportshall				Hall				
Boys	9Y2	MH	3G	Sportshall				Sportshall				

### Half Term 4

Week			1Mon1	1Thurs4	2Mon5	1Mon1	1Thurs4	2Mon5	1Mon1	1Thurs4	2Mon5	
Date			03-Mar	06-Mar	10-Mar	17-Mar	20-Mar	24-Mar	31-Mar	03-Apr	07-Apr	
Lesson			30	31	32	33	34	35	36	37	38	
GCSE Link			Half-Term GCSE Link: Components of Fitness									
Mixed	9Y3	DM	3G		Hall				Introduction to Athletics	Track: Athletics		
Girls	9Y1	SAJ	Hall		3G							
Boys	9Y2	MH	Sportshall		Sportshall							

### Half Term 5

Week			1Mon1	1Thurs4	2Mon5	1Mon1	1Thurs4	2Mon5
Date			28-Apr	01-May	05-May	12-May	15-May	19-May
Lesson			39	40		41	42	43
GCSE Link			Half-Term GCSE Link: Aerobic and Anaerobic Exercise					
Mixed	9Y3	DM	Track: Athletics	Bank Holiday	Track: Athletics			
Girls	9Y1	SAJ						
Boys	9Y2	MH						

### Half Term 6

Week			1Mon1	1Thurs4	2Mon5	1Mon1	1Thurs4	2Mon5	1Mon1	1Thurs4	2Mon5	1Mon1	1Thurs4
Date			02-Jun	05-Jun	09-Jun	16-Jun	19-Jun	23-Jun	30-Jun	03-Jul	07-Jul	14-Jul	17-Jul
Lesson			44	45	46	47	48	49	50	51	52	53	54
GCSE Link			Half-Term GCSE Link: Principles of Training										
Mixed	9Y3	DM	Track: Athletics	3G			3G			MUGA			End of Year Tournament
				Striking Games			Striking Games			Tennis			
Girls	9Y1	SAJ		3G			MUGA			3G			
				Striking Games			Tennis			Striking Games			
Boys	9Y2	MH		MUGA			3G			3G			
				Tennis			Striking Games			Striking Games			