

Programme of Study 2017-18

Sports hall – dance, basketball, badminton, indoor athletics, gymnastics, table tennis, volleyball, athletics, trampolining, rhythmic gymnastics, cheerleading.

Hard courts – netball, basketball, football, hockey, tennis, pop lacrosse, tag rugby, cricket, rounders.

Astro-turf – handball, hockey, football, pop lacrosse, tag rugby.

Fitness room – yoga, dance, circuit training, step aerobics, yoga/pilates, aerobics.

Dance studio – dance, circuit training, yoga/pilates.

Sefton Park – rugby, orienteering, cross-country, rounders.

Year 7

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|---------|----------------------------|--------------------------------------|--------------------------------------|--------------------------------------|-----------------------|-----------------------|
| G Upper | Baseline Testing (Fitness) | Netball (HC) Dance (Studio) | Hockey (Astro) Gymnastics (SH) | Orienteering (SEF) Badminton (SH) | Athletics Rounders | Tennis Athletics |
| G Lower | Baseline Testing (Fitness) | Dance (Studio) Orienteering (SEF) | Badminton (SH) Netball (HC) | Gymnastics (SH) Hockey (Astro) | Tennis Athletics | Athletics Rounders |
| B Upper | Baseline Testing (Fitness) | Rugby (SEF) Badminton (SH) | Dance (Studio) Orienteering (SEF) | Football (Astro) Basketball (HC) | Cricket Athletics | Athletics Tennis |
| B Lower | Baseline Testing (Fitness) | Badminton (SH) Football (Astro) | Orienteering (SEF) Dance (Studio) | Basketball (HC) Rugby (SEF) | Athletics Tennis | Athletics Cricket |
| G Upper | Baseline Testing (Fitness) | Netball (HC) Dance (Studio) | Hockey (Astro) Gymnastics (SH) | Orienteering (SEF) Badminton (SH) | Athletics Rounders | Tennis Athletics |
| G Lower | Baseline Testing (Fitness) | Dance (Studio) Orienteering (SEF) | Badminton (SH) Netball (HC) | Gymnastics (SH) Hockey (Astro) | Tennis Athletics | Athletics Rounders |
| B Upper | Baseline Testing (Fitness) | Rugby (SEF) Badminton (SH) | Dance (Studio) Orienteering (SEF) | Football (Astro) Basketball (HC) | Cricket Athletics | Athletics Tennis |
| B Lower | Baseline Testing (Fitness) | Badminton (SH) Football (Astro) | Orienteering (SEF) Dance (Studio) | Basketball (HC) Rugby (SEF) | Athletics Tennis | Athletics Cricket |

Year 8

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|---------|--|----------------------------------|-------------------------------------|--------------------------------------|-----------------------|--------------------------|
| G Upper | Netball (HC) I. Athletics | Hockey (Astro) Dance (Studio) | Fitness (FIT) Badminton (SH) | Handball (Astro) Basketball (HC) | Athletics Rounders | Cheerleading Tennis |
| G Lower | Cross-Country (SEF) Basketball (HC) | Netball (HC) I. Athletics | Handball (Astro) Fitness (FIT) | Dance (Studio) Hockey (Astro) | Tennis Athletics | Rounders Cheerleading |
| B Upper | I. Athletics Football (Astro) | Fitness (FIT) Rugby (SEF) | Gymnastics (SH) Basketball (HC) | Handball (HC) Badminton (SH) | Athletics Cricket | Tennis Softball |
| B Lower | Football (Astro) Rugby (SEF) | Gymnastics (SH) I. Athletics | Basketball (HC) Handball (Astro) | Fitness (FIT) Cross-Country (SEF) | Athletics Tennis | Softball Cricket |
| G Upper | Netball (HC) I. Athletics | Hockey (Astro) Dance (Studio) | Fitness (FIT) Badminton (SH) | Handball (Astro) Basketball (HC) | Athletics Rounders | Cheerleading Tennis |
| G Lower | Cross-Country (SEF) Basketball (HC) | Netball (HC) I. Athletics | Handball (Astro) Fitness (FIT) | Dance (Studio) Hockey (Astro) | Tennis Athletics | Rounders Cheerleading |
| B Upper | I. Athletics Football (Astro) | Fitness (FIT) Rugby (SEF) | Gymnastics (SH) Basketball (HC) | Handball (HC) Badminton (SH) | Athletics Cricket | Tennis Softball |
| B Lower | Football (Astro) Rugby (SEF) | Gymnastics (SH) I. Athletics | Basketball (HC) Handball (Astro) | Fitness (FIT) Cross-Country (SEF) | Athletics Tennis | Softball Cricket |

Year 9

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|---------|-----------------------------------|--|--|---|--------------------|------------------|
| G Upper | Handball (SH) Netball (HC) | Step Aerobics (Fit) Badminton (SH) | Tag Rugby (HC) Trampolining (SH) | Football (Astro) Boxercise (FIT) | Athletics Rounders | Tennis Softball |
| B Upper | Football (Astro) Handball (SH) | Tag rugby (HC) Pop Lacrosse (Astro) | Badminton (SH) Boxercise (FIT) | Core Stability (FIT) Trampolining (SH) | Cricket Athletics | Softball Tennis |
| Mixed | Tag Rugby (HC) Boxercise (FIT) | Handball (SH) Netball (HC) | Circuit Training (FIT) Football (Astro) | Trampolining (SH) Hockey (Astro) | Athletics Tennis | Cricket Softball |
| G Upper | Handball (SH) Netball (HC) | Step Aerobics (Fit) Badminton (SH) | Tag Rugby (HC) Trampolining (SH) | Football (Astro) Boxercise (FIT) | Athletics Rounders | Tennis Softball |
| B Upper | Football (Astro) Handball (SH) | Tag rugby (HC) Pop Lacrosse (Astro) | Badminton (SH) Boxercise (FIT) | Core Stability (FIT) Trampolining (SH) | Cricket Athletics | Softball Tennis |
| Mixed | Tag Rugby (HC) Boxercise (FIT) | Handball (SH) Netball (HC) | Circuit Training (FIT) Football (Astro) | Trampolining (SH) Pop Lacrosse (Astro) | Athletics Tennis | Cricket Softball |

- Check about trampolining, all staff to deliver.
- Year 9, all to do 1 creative, 2 fitness and rest games. Do we want better balance?
- Do we want year 9 to be completely about variety/new activities or practice for GCSE students?

Year 10 Core PE

The TEACHER chooses the theme for each unit e.g. Invasion games OR net/wall games. You must stick with that theme for the full half term unit. Within that theme, choose from the sports listed. Classes can stick with one sport or do a variety of sports within the theme.

To give consistency for B4L each group is allocated one space per half term.

Band A and Band B

| Class Term | 10A1 and 10B3 Set 1 boys JDE and MLL | 10A2 and 10B2 Set 1 girls TR/LF and LF/GG | 10A3 and 10B1 Mixed set 2 MLL and JDE |
|------------|---|---|---|
| Autumn 1 | Sports Hall Invasion games (netball, basketball, handball, dodgeball) OR Net/wall games (badminton, table tennis, speedminton) | Hard courts Invasion games (tag rugby, netball, basketball, pop lacrosse). | Fitness room Fitness (circuit training, boxercise, step aerobics, yoga/pilates) OR Dance (should be done in dance studio) |
| Autumn 2 | Hard courts Invasion games (tag rugby, netball, basketball, pop lacrosse). | Sports hall Invasion games (netball, basketball, handball, dodgeball) OR Net/wall games (badminton, table tennis, speedminton) | Astro Invasion games (football, hockey, handball, pop lacrosse). |
| Spring 1 | Astro Invasion games (football, hockey, handball, pop lacrosse). | Fitness room Fitness (circuit training, boxercise, step aerobics, yoga/pilates) OR Dance (should be done in dance studio) | Sports hall Invasion games (netball, basketball, handball, dodgeball) OR Net/wall games (badminton, table tennis, speedminton) |
| Spring 2 | Fitness room Fitness (circuit training, boxercise, step aerobics, yoga/pilates) OR Dance (should be done in dance studio) | Astro Invasion games (football, hockey, handball, pop lacrosse). | Hard courts Invasion games (tag rugby, netball, basketball, pop lacrosse). |
| Summer 1 | Sefton park/Sports hall/Hard courts/Astro Athletics See curriculum for space priority | Sefton park/Sports hall/Hard courts/Astro Athletics See curriculum for space priority | Sefton park/Sports hall/Hard courts/Astro Athletics See curriculum for space priority |
| Summer 2 | Sefton park Striking and fielding games (rounders, softball, cricket) | Sefton park Striking and fielding games (rounders, softball, cricket) | Astro Striking and fielding games (rounders, softball, cricket) |

Year 11 Core PE

The TEACHER chooses the theme for each unit e.g. Invasion games OR net/wall games. You must stick with that theme for the full half term unit. Within that theme, choose from the sports listed. Classes can stick with one sport or do a variety of sports within the theme.

To give consistency for B4L each group is allocated one space per half term.

| Class Term | 11 – J1 GG/JDE | 11 – J2 LF/ML | 11 – J3 JDE/ML | 11 – J4 JDE/ML | 11 – J5 TR/GG |
|------------|---|--|--|---|---|
| Autumn 1 | Sports hall Invasion games (netball, basketball, handball, dodgeball) OR Net/wall games (badminton, table tennis, speedminton) | Astro Invasion games (football, hockey, handball, pop lacrosse). | Hard courts Invasion games (tag rugby, netball, basketball, pop lacrosse). | Fitness room Fitness (circuit training, boxercise, step aerobics, yoga/pilates) | Dance studio Dance (dance) OR Fitness (Yoga/pilates, boxercise, circuits) |
| Autumn 2 | Astro Invasion games (football, hockey, handball, pop lacrosse). | Hard courts Invasion games (tag rugby, netball, basketball, pop lacrosse). | Fitness room Fitness (circuit training, boxercise, step aerobics, yoga/pilates) | Dance studio Dance (dance) OR Fitness (Yoga/pilates, boxercise, circuits) | Sports hall Invasion games (netball, basketball, handball, dodgeball) OR Net/wall games (badminton, table tennis, speedminton) |
| Spring 1 | Hard courts Invasion games (tag rugby, netball, basketball, pop lacrosse). | Fitness room Fitness (circuit training, boxercise, step aerobics, yoga/pilates) | Dance studio Dance (dance) OR Fitness (Yoga/pilates, boxercise, circuits) | Sports hall Invasion games (netball, basketball, handball, dodgeball) OR Net/wall games (badminton, table tennis, speedminton) | Astro Invasion games (football, hockey, handball, pop lacrosse). |
| Spring 2 | Fitness room Fitness (circuit training, boxercise, | Dance studio Dance (dance) OR Fitness | Sports hall Invasion games (netball, | Astro Invasion games (football, | Hard courts Invasion games (tag rugby, netball, |

| | | | | | |
|----------|--|--|---|--|--|
| | step aerobics, yoga/pilates) | (Yoga/pilates, boxercise, circuits) | basketball, handball, dodgeball) OR Net/wall games (badminton, table tennis, speedminton) | hockey, handball, pop lacrosse). | basketball, pop lacrosse). |
| Summer 1 | Sefton park Striking and fielding games (rounders, softball, cricket) | Sports hall Striking and fielding games (rounders, softball, cricket) | Sefton park Striking and fielding games (rounders, softball, cricket) | Astro Striking and fielding games (rounders, softball, cricket) | Hard courts Striking and fielding games (rounders, softball, cricket) |

GCSE PE (Six groups)

5 lessons per fortnight, 2 practical and 3 theory.

Specific dates for assessments to be arranged during extra-curricular clubs.

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|-----------------------------------|-----------|-----------|--|--|-----------|-----------|
| 9 GCSE MLL (Both classes A and C) | Badminton | Badminton | TBC Netball/football Handball Dance | TBC Netball/football Handball Dance | Athletics | Swimming. |

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|-----------------------------------|-----------|-----------|----------------------------------|----------------------------------|-----------|-----------|
| 10 GCSE TR (Both classes A and B) | Badminton | Badminton | TBC Netball/football Dance | TBC Netball/football Dance | Athletics | Swimming. |

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 |
|-----------------------------------|---|--|-------------------|-------------------|----------|
| 11 GCSE LF (Both classes D and E) | Rock climbing Badminton Table tennis Indv sports | Badminton Table tennis Indv sports | Final assessments | Final assessments | Revision |