

P.E.

	Autumn Term		Spring Term		Summer Term	
	1 7 weeks	2 7 weeks	3 6 weeks	4 7 weeks	5 5 weeks	6 7 weeks
7 DOUBLES	OAA 7 weeks MPB - Resilience	Basketball/Netball 6 weeks MPB - Empathy	Hockey 5 weeks MPB - Communication	Gymnastics/Dance 7 weeks MPB - Innovation	Rounders 3 week MPB - Integrity	Athletics 7 weeks MPB - Self-motivation
7 SINGLES Led by Y9s	Girls - netball Boys - games (gaelic football, aussie rules, lacrosse)	Girls - rugby Boys - football	Girls - body conditioning Boys - military training	Three way Rotation - Split volleyball/ badminton/ golf	Girls - softball Boys - cricket	Athletics
8 DOUBLE	Netball/Rugby 7 weeks MPB - Evaluation & Motivating and Influencing others	Football 7 weeks MPB - Responsibility & Innovation	Orienteering 5 weeks MPB - Integrity & Collaboration	HRF 7 weeks MPB - Self-motivation	Softball 5 weeks MPB - Empathy	Athletics 7 weeks MPB - Self-management
8 SINGLES	Netball/Rugby 7 weeks MPB - Evaluation & Motivating and Influencing others	Football 7 weeks MPB - Responsibility & Innovation	Orienteering 5 weeks MPB - Integrity & Collaboration	HRF 7 weeks MPB - Self-motivation	Softball 5 weeks MPB - Empathy	Athletics 7 weeks MPB - Self-management
9 DOUBLE	Girls - netball Boys - games (gaelic football, aussie rules, lacrosse)	Girls - rugby Boys - football	Girls - body conditioning Boys - military training	Split volleyball/ badminton/ golf	Girls - softball Boys - cricket	Athletics
9 SINGLES Year 9's leading year 7's	Girls - Netball Boys - games (gaelic football, aussie rules, lacrosse)	Girls - rugby Boys - football	Girls - body conditioning Boys - military training	Split volleyball/ badminton/ golf	Girls - softball Boys - cricket	Athletics
10 Core	Core - OAA GCSE - Basketball	Core - football	Girls - body conditioning Boys - military training	Basketball	Cricket/Softball/Rounders	Athletics
11 DOUBLE	GCSE - PEPs Core - Sports Leaders 7 weeks	GCSE - chosen sports Core - Sports Leaders 6 weeks	GCSE - chosen sports Core - Sports Leaders 6 weeks	GCSE - chosen sports Core - Sports Leaders 6 weeks	GCSE - chosen sports Core - Sports Leaders 5 weeks	

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