

Year 7X

Mon A2 /Thurs A2

Mon B2 /Thurs B 2

Key SS = super sport / inter class competition week

No. of weeks Set	4	4	1	4	1	5	1	5	1	5	5 Swap after 6 lessons/3week !	1
Boys 1	Starting Point Assessment	Rugby Field	SS	Gymnastics/ Fitness Gym	SS	Football 3G	SS	Badminton SH	SS	Ath'	S&F Cricket Field/3G	SS
Girls 1	SPA Rugby, football, Fitness	Netball Yard		Badminton SH		Gymnastics Gym		Rugby/ football 3G		Ath	S&F Rounders Field	
Boys 2	Gymnastics Netball football	Badminton SH	SS	Football 3G	SS	Rugby Field	SS	Gymnastics / fitness Gym	SS	S&F Softball Field/3G	Ath'	SS
Girls 2		Dance Gym		Netball Yard		Badminton SH		Hockey 3G		S&F Rounders Field	Ath	
Week activity commencing	6 sept	4 th Oct	8 th Nov	15 th Nov	13 th Dec	3 rd Jan	14 th Feb	28 th Feb	4 th Apr	25 th Apr	6 th June	13 th July
Assessment week	27 Sept	1 st Nov		6 th Dec		7 th Feb		28 th Mar		23 rd May	6 th July	

SS Boys = Supersport Dance Focus

Year 7Y

Wed A3 /Fri A4

Mon B5/ Fri B4

Key SS = super sport / inter class competition week

SS Boys = Supersport Dance Focus

No. of weeks Set	4	4	1	4	1	5	1	5	1	5	5 Swap after 6 lessons/3week !	1		
Boys 1	Starting Point Assessment SPA Rugby, football, Fitness Gymnastics Netball Hockey	Rugby Field	SS	Gymnastics/ Fitness Gym	SS	Badminton SH	SS	Football	SS	Ath'	S&F Cricket Field/3G	SS		
Girls 1		Netball Yard		Badminton SH		Gymnastics Gym		Rugby/football 3G		Ath	S&F Rounders Field			
Boys 2		Badminton SH	SS	Football 3G	SS	Rugby Field		Gymnastics / fitness Gym		SS	S&F Softball Field/3G		Ath'	SS
Girls 2		Fitness Gym		Netball Yard		Hockey 3G		Badminton SH			S&F Rounders Field		Ath	
Week activity commencing	6 sept	4 th Oct	8 th Nov	15 th Nov	13 th Dec	3 rd Jan	14 th Feb	28 th Feb	4 th Apr	25 th Apr	6 th June	13 th July		
Assessment week	27 Sept	1 st Nov		6 th Dec		7 th Feb		28 th Mar		23 rd May	6 th July			

KS3 Year 8

Year 8X

Tue A 5/ Fri A3

Thur B1 /Fri B2

Key SS = super sport / inter class competition week

No. of weeks Set	4	4	1	4	1	5	1	5	1	4	1	6 Swap after 3week	1	
Boys 1	Football 3G	Rugby Field	SS	Gymnastics/ Fitness <i>Gym</i>	SS	Football 2 3G	SS	Badminton <i>SH</i>	SS	Athletics	Orienteering	S&F -Cricket 3G	SS	
Girls 1	Netball Yard	Football 3G		Badminton <i>SH</i>		Gymnastics <i>Gym</i>		Rugby/ football 3G		Athletics		S&F Rounders /cricket Field		
Boys 2	Rugby Field	Badminton <i>SH</i>	SS	Football 3G	SS	Rugby Field	SS	Gymnastics / fitness <i>Gym</i>	SS	Orienteering	Athletics	S&F Softball /cricket Field	SS	
Girls 2	Gymnastics /fitness	Dance <i>Gym</i>		Netball Yard		Badminton <i>SH</i>		Hockey 3G			Athletics	Short Tennis / Rounders <i>SH</i> / field		
Week activity commencing	6 Sept	4 th Oct	8 th Nov	15 nd Nov	13 th Dec	3 rd Jan	14 th Feb	28 th Feb	4 th Apr	25 th Apr	2 nd May	23 rd May	6 th June	18 th July
Assessment week	27 Sept	1 st Nov		6 th Dec		7 th Feb		28 th Mar		23 rd May			11 th July	

Year 8Y

Mon A4 /Fri A2

Mon B4 /Wed B4

Key SS = super sport / inter class competition week

No. of weeks Set	4	4	1	4	1	5	1	5	1	4	1	6 Swap after 3week	1	
Boys 1	Football 3G	Rugby Field	SS	Gymnastics/ Fitness Gym	SS	Football 2 3G	SS	Badminton SH	SS	Athletics	Orienteering	S&F -Cricket 3G	SS	
Girls 1	Netball Yard	Football 3G		Badminton SH		Gymnastics Gym		Rugby/ football 3G		Athletics		S&F Rounders /cricket Field		
Boys 2	Rugby Field	Badminton SH	SS	Football 3G	SS	Rugby Field	SS	Gymnastics / fitness Gym	SS	Orienteering	Athletics	S&F Softball /cricket Field	SS	
Girls 2	Gymnastics /fitness	Dance Gym		Netball Yard		Badminton SH		Hockey 3G			Athletics	Short Tennis / Rounders SH / field		
Week activity commencing	6 Sept	4 th Oct	8 th Nov	15 nd Nov	13 th Dec	3 rd Jan	14 th Feb	28 th Feb	4 th Apr	25 th Apr	2 nd May	23 rd May	6 th June	18 th July
Assessment week	27 Sept	1 st Nov		6 th Dec		7 th Feb		28 th Mar			23 rd May		11 th July	

KS3 Year 9

Year 9X

Wed A5 /Thur A5

Wed B5 /Fri B5

Key SS = super sport / inter class competition week

No. of weeks Set	4	5	1	4	1	5	1	5	1	5	5 Swap after 6 lessons !	1
Boys 1	Rugby Field	Boxercise Fitness Gym	SS	Football 3G	SS	Basketball SH	SS	Handball 3G	SS	Ath'	S&F Cricket Field/3G	SS
Girls 1	Football /rugby 3G	Badminton SH		Netball Yard		Dance Gym		Trampolining ½ SH		Ath	S&F Rounders Field	
Boys 2	Badminton/ basketball SH	Football 3G	SS	Table tennis Gym	SS	Rugby Field	SS	Boxercise fitness Gym	SS	S&F Softball Field/3G	Ath'	SS
Girls 2	Dance Gym	Netball Yard		Badminton SH		Football/ rugby 3G		Fitness ½ SH		S&F Rounders Field	Ath	
Week activity commencing	2 Sept	30 th Sept	11 th Nov	18 th Nov	16 th Dec	6 th Jan	10 th Feb	17h Feb March	6th Apr	27 th Apr	8 th June	13 th July
Assessment week	23 Sept	4 th Nov		9 th Dec		3 rd Feb		30 th Mar		1 st June	6 th July	

Year 9Y

Mon A3 /Thur A1

Mon B3 /Fri B1

Key SS = super sport / inter class competition week

No. of weeks Set	4	5	1	4	1	5	1	5	1	5	5 Swap after 6 lessons!	1
Boys 1	Rugby Field	Boxercise Fitness Gym	SS	Football 3G	SS	Basketball SH	SS	Handball 3G	SS	Ath'	S&F Cricket Field/3G	SS
Girls 1	Football /rugby 3G	Badminton SH		Netball Yard		Dance Gym		Trampolining ½ SH		Ath	S&F Rounders Field	
Boys 2	Badminton/ basketball SH	Football 3G	SS	Table tennis Gym	SS	Rugby Field	SS	Boxercise fitness Gym	SS	S&F Softball Field/3G	Ath'	SS
Girls 2	Dance Gym	Netball Yard		Badminton SH		Football/ rugby 3G		Fitness ½ SH		S&F Rounders Field	Ath	
Week activity commencing	2 Sept	30 th Sept	11 th Nov	18 th Nov	16 th Dec	6 th Jan	10 th Feb	17h Feb March	6th Apr	27 th Apr	8 th June	13 th July
Assessment week	23 Sept	4 th Nov		9 th Dec		3 rd Feb		30 th Mar		1 st June	6 th July	

KS4 core Year 10

Year 10 1,2,3,4

Tue A4// Fri A 5

Thur B4

Key SS = super sport / inter class competition week

No. of weeks Set	4	4	1	4	1	5	1	5	1	5	5 Swap after 6 lessons/3week!	1
Boys 1	Rugby Field	Table Tennis Gym	SS	Handball SH	SS	Football 3G	SS	Boxing fitness Gym	SS	Ath'	S&F Cricket Field/3G	SS
Girls 1 Competitive pathway	Netball Yard	Handball SH		Football 3G		Fitness /Dance Gym		Rugby/ hockey 3G		S&F Rounders Field	Ath'	
Boys 2	Badminton/ Handball SH	Football 3G	SS	Boxing /Fitness Gym	SS	Rugby Field	SS	Handball 3G	SS	Ath'	S&F Softball Field	SS
Girls Choreography & wellbeing pathway	Fitness/ HIIT Gym	Netball Yard		Football/rugby 3G		Badminton SH		Trampolinin g/ Dance SH		Short Tennis SH	Ath	
Week activity commencing	6 sept	4 th Oct	8 th Nov	15 th Nov	13 th Dec	3 rd Jan	14 th Feb	28 th Feb	4 th Apr	25 th Apr	6 th June	13 th July
Feedback week	27 Sept	1 st Nov		6 th Dec		7 th Feb		28 th Mar		23 rd May	6 th July	

Year 10 5,6,7, Y

Tue A2 /Wed A2

Wed B2

Key SS = super sport / inter class competition week

No. of weeks Set	4	4	1	4	1	5	1	5	1	5	5 Swap after 6 lessons/3week!	1
Boys 1	Rugby Field	Table Tennis Gym	SS	Handball SH	SS	Football 3G	SS	Boxing fitness Gym	SS	Ath'	S&F Cricket Field/3G	SS
Girls 1	Netball Yard	Handball SH		Football 3G		Fitness /Dance Gym		Rugby/ hockey 3G		S&F Rounders Field	Ath'	
Boys 2 VM	Badminton/ Handball SH	Football 3G	SS	Boxing /Fitness Gym	SS	Rugby Field	SS	Handball 3G	SS	Ath'	S&F Softball Field	SS
Girls 2 Choreography & wellbeing pathway	Fitness /HIIT Gym	Netball Yard		Football/rugby 3G		Badminton SH		Trampolinin g/ Dance SH		Short Tennis SH	Ath	
Week activity commencing	6 Sept	4 th Oct	8 th Nov	15 th Nov	13 th Dec	3 rd Jan	14 th Feb	28 th Feb	4 th Apr	25 th Apr	6 th June	13 th July
Feedback week	27 Sept	1 st Nov		6 th Dec		7 th Feb		28 th Mar		23 rd May	6 th July	

KS4 core Year 11

Year 11 1,2,3,4

Tue A1 /Tue B1 /Wed B3

Key SS = super sport / inter class competition week

No. of weeks Set	4	4	1	4	1	5	1	5	1	5
Boys 1	Rugby	Handball SH	SS	Rugby Field	SS	Football	SS	Fitness Gym	SS	Football 2
Girls 1 Competitive pathway	Football/rugby 3G	Netball yard		Badminton SH		Fitness ½ SH		Netball 3G		Basketball/ handball SH
Boys 2	Badminton/ Volleyball SH	Football 3G	SS	Fitness /boxing GYM	SS	Table Tennis Gym	SS	Football 3G	SS	Rugby/fitness Field /GYM
Girls Choreography& wellbeing pathway	Bootcamp Field /Gym	Dance Gym		Football 3G		Trampolining /fitness ½ SH		Badminton SH		Netball Yard
Week activity commencing	6 sept	4th Oct	8th Nov	15th Nov	13th Dec	3rd Jan	14th Feb	28th Feb	4th Apr	25th Apr
Feedback week	27 Sept	1st Nov		6th Dec		7th Feb		28th Mar		23rd May

Year 11X A, B, C, Y

Wed A4/ Thur A4/Fri B3 Key SS = super sport / inter class competition week

No. of weeks Set	4	4	1	4	1	5	1	5	1	5
Boys 1	Rugby	Handball SH	SS	Rugby Field	SS	Football	SS	Fitness Gym	SS	Football 2
Girls 1 Competitive	Football/rugby 3G	Netball yard		Badminton SH		Fitness ½ SH		Netball 3G		Basketball/ handball SH
Boys 2 Y	Badminton/ Volleyball SH	Football 3G	SS	Fitness /boxing GYM	SS	Table Tennis Gym	SS	Football 3G	SS	Rugby/fitness Field /GYM
Girls Choreography& wellbeing	Bootcamp Field /Gym	Dance Gym		Football 3G		Trampolining ½ SH		Badminton SH		Netball Yard
Week activity commencing	6 sept	4 th Oct	8 th Nov	15 th Nov	13 th Dec	3 rd Jan	14 th Feb	28 th Feb	4 th Apr	25 th Apr
Feedback week	27 Sept	1 st Nov		6 th Dec		7 th Feb		28 th Mar		23 rd May

Year 10 GCSE & CNat

TUE B5 RG/LG

Thur B5 GPH/LM

No. of weeks Set	8 (4 lessons)	1	4 (2 lessons)	1	4 (2 lessons)	1		4 (2 lessons)	1	5 (3 lessons)	5 (3 lessons)	1
	GCSE & CNat taught separately						Boys' and girls' groups GCSE & CNat mixed					
GCSE	Badminton SH	Fitness test	Handball SH	Fitness test	Handball SH	Fitness test	Boys	Football 3G	Fitness test	Football 3G	Athletics	Fitness test
CNat	Circuits /HIIT		Weight training / Cardio		Weight training / Cardio		Girls	Netball SH		Netball SH	Athletics	
Week activity commencing	6 sept	8 th Nov	15 th Nov	13 th Dec	3 rd Jan	14 th Feb		28 th Feb	4 th Apr	25 th Apr	6 th June	13 th July
Assessment week	1 st Nov		6 th Dec		7 th Feb			28 th Mar		23 rd May	6 th July	