

**Year 7 Programme of Study 2024-2025**

	<b>7x/PE1</b>	<b>7x/PE2</b>	<b>7x/PE3</b>	<b>7y/PE1</b>	<b>7y/PE2</b>	<b>7y/PE3</b>
03.09.24 – 04.10.24 (5 weeks)	Core Skills (To include netball and rugby style games)	Core Skills (To include netball and rugby style games)	Core Skills (To include netball and rugby style games)	Core Skills (To include netball and rugby style games)	Core Skills (To include netball and rugby style games)	Core Skills (To include netball and rugby style games)
07.10.24 – 25.10.24 (3 weeks)	Cross Country <i>(Outside/Boots)</i>	Cross Country <i>(Outside/Boots)</i>	Cross Country <i>(Outside/Boots)</i>	Cross Country <i>(Outside/Boots)</i>	Cross Country <i>(Outside/Boots)</i>	Cross Country <i>(Outside/Boots)</i>
04.11.24 – 22.11.24 (3 weeks)	Gymnastics <i>(Indoor/Bare Feet)</i>	Dance <i>(Indoor/Bare Feet)</i>	Football <i>(Outdoor/Boots)</i>	Gymnastics <i>(Indoor/Bare Feet)</i>	Dance <i>(Indoor/Bare Feet)</i>	Football <i>(Outdoor/Boots)</i>
25.11.24 – 20.12.24 (4 weeks)	Dance <i>(Indoor/Bare Feet)</i>	Gymnastics <i>(Indoor/Bare Feet)</i>	Netball <i>(Trainers)</i>	Dance <i>(Indoor/Bare Feet)</i>	Gymnastics <i>(Indoor/Bare Feet)</i>	Netball <i>(Trainers)</i>
06.01.25 – 31.01.25 (4 weeks)	Invasion Games	Basketball <i>(Trainers)</i>	Dance <i>(Indoor/Bare Feet)</i>	Invasion Games	Basketball <i>(Trainers)</i>	Dance <i>(Indoor/Bare Feet)</i>
03.02.25 – 07.03.25 (4 weeks)	Football <i>(Outdoor/Boots)</i>	Football <i>(Outdoor/Boots)</i>	Basketball	Football <i>(Outdoor/Boots)</i>	Football <i>(Outdoor/Boots)</i>	Basketball <i>(Trainers)</i>
10.03.25 – 04.04.25 (4 weeks)	Basketball <i>(Trainers)</i>	Netball <i>(Trainers)</i>	Gymnastics <i>(Indoor/Bare Feet)</i>	Basketball <i>(Trainers)</i>	Netball <i>(Trainers)</i>	Gymnastics <i>(Indoor/Bare Feet)</i>
22.04.25 – 16.05.25 (4 weeks)	L1 – Athletics L2 – S&F Skills	L1 – S&F Skills L2 – Athletics	L1 – Athletics L2 – S&F Skills	L1 – Athletics L2 – S&F Skills	L1 – S&F Skills L2 – Athletics	L1 – Athletics L2 – S&F Skills
19.05.25 – 20.06.25 (4 weeks)	L1 – Athletics L2 – Rounders	L1 – Rounders L2 – Athletics	L1 – Athletics L2 – Cricket	L1 – Athletics L2 – Rounders	L1 – Rounders L2 – Athletics	L1 – Athletics L2 – Cricket
23.06.25 – 18.07.25 (4 weeks)	L1 – Athletics / S&F L2 – OAA	L1 – OAA L2 – Athletics / S&F	L1 – Athletics / S&F L2 – OAA	L1 – Athletics / S&F L2 – OAA	L1 – OAA L2 – Athletics / S&F	L1 – Athletics / S&F L2 – OAA

S&F – Striking and Fielding. Lessons likely to be on the Astro and Grass. Boots likely to be required until May Half term.