Year 10 Programme of Study 2025-2026

	10x/PE1 Th2 / Fri3 Th4 / Fri2	10x/PE2 Th2 / Fri3 Th4 / Fri2	10x/PE3 Th2 / Fri3 Th4 / Fri2	10y/PE1 Tu2 / Fri5 Wed3 / Fri4	10y/PE2 Tu2 / Fri5 Wed3 / Fri4	10y/PE3 Tu2 / Fri5 Wed3 / Fri4
03.09.25 – 03.10.25 *(4 Weeks)*	Hockey (ATP) *(Outside/Boots)*	Netball *(Trainers)*	Handball (SH) *(Trainers)*	Hockey (ATP) *(Outside/Boots)*	Netball *(Trainers)*	Handball (SH) *(Trainers)*
06.10.25 – 24.10.25 (3 Weeks)	Cross Country *(Outside/Boots)*	Cross Country *(Outside/Boots)*	Cross Country *(Outside/Boots)*	Cross Country *(Outside/Boots)*	Cross Country *(Outside/Boots)*	Cross Country *(Outside/Boots)*
03.11.25 – 28.11.25 *(4 Weeks)*	Football *(Outside/Boots)*	Hockey *(Outside/Boots)*	Table Tennis *(Outside/Boots)*	Football *(Trainers)*	Hockey *(Trainers)*	Table Tennis *(Trainers)*
01.12.25 – 09.01.26 *(4 Weeks)*	Dance *(Trainers)*	Fitness *(Trainers)*	Badminton *(Trainers)*	Dance *(Trainers)*	Fitness *(Trainers)*	Badminton *(Trainers)*
12.01.26 – 13.02.26 *(5 Weeks)*	Table Tennis *(Trainers)*	Badminton *(Trainers)*	Football *(Trainers)*	Table Tennis *(Trainers)*	Badminton *(Trainers)*	Football *(Trainers)*
23.02.26 – 27.03.26 *(5 Weeks)*	Badminton *(Trainers)*	Table Tennis *(Trainers)*	Netball *(Trainers)*	Badminton *(Trainers)*	Table Tennis *(Trainers)*	Netball *(Trainers)*
13.04.26 – 22.05.26 (6 weeks)	L1 – Athletics L2 – Striking & Fielding	L1 – Striking & Fielding L2 – Athletics	L1 – Athletics L2 – Athletics	L1 – Athletics L2 – Striking & Fielding	L1 – Striking & Fielding L2 – Athletics	L1 – Athletics L2 – Athletics
01.06.26 – 21.07.26 (7 weeks)	L1 – Multi Activity L2 – Striking & Fielding	L1 – Striking & Fielding L2 – Multi Activity	L1 – Multi Activity L2 – Striking & Fielding	L1 – Multi Activity L2 – Striking & Fielding	L1 – Striking & Fielding L2 – Multi Activity	L1 – Striking & Fielding L2 – Striking & Fielding

S&F – Striking and Fielding games such as rounders/cricket/softball. Lessons will be outside and may require boots for term 5 (April to May)