

## Year 7 Programme of Study 2025-2026

	<b>7x/PE1</b> Tu4 / Wed1 Tu5 / Wed5	<b>7x/PE2</b> Tu4 / Wed1 Tu5 / Wed5	<b>7x/PE3</b> Tu4 / Wed1 Tu5 / Wed5	<b>7y/PE1</b> Tu5 / Th1 Tu4 / Wed4	<b>7y/PE2</b> Tu5 / Th1 Tu4 / Wed4	<b>7y/PE3</b> Tu5 / Th1 Tu4 / Wed4
03.09.25 – 03.10.25 (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)
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)	Gymnastics (Indoor/Bare Feet)	Dance (Indoor/Bare Feet)	Football (Outside/Boots)	Gymnastics (Indoor/Bare Feet)	Dance (Indoor/Bare Feet)	Football (Outside/Boots)
01.12.25 – 19.12.25 (3 weeks)	Dance (Indoor/Bare Feet)	Gymnastics (Indoor/Bare Feet)	Netball (Trainers)	Dance (Indoor/Bare Feet)	Gymnastics (Indoor/Bare Feet)	Netball (Trainers)
05.01.26 – 30.01.26 (4 weeks)	Invasion Games (Trainers)	Basketball (Trainers)	Dance (Indoor/Bare Feet)	Invasion Games (Trainers)	Basketball (Trainers)	Dance (Indoor/Bare Feet)
02.02.26 – 06.03.26 (4 weeks)	Netball (Trainers)	Football (Outside/Boots)	Gymnastics (Indoor/Bare Feet)	Netball (Trainers)	Football (Outside/Boots)	Gymnastics (Indoor/Bare Feet)
09.03.26 – 27.03.26 (3 weeks)	Football (Outside/Boots)	Netball (Trainers)	Indoor Athletics (Trainers)	Football (Outside/Boots)	Netball (Trainers)	Indoor Athletics (Trainers)
13.04.26 – 08.05.26 (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
11.05.26 – 12.06.26 (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
15.06.26 – 21.07.26 (5 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 games such as rounders/cricket/softball. Lessons will be outside and may require boots for term 5 (April to May)

OAA – Outdoor Adventurous Activities. Lessons will be outside.