

Year 7 Programme of Study 2026-2027

	7x/PE1 Tues3 / Wed3 Mon3/Tues3	7x/PE2 Tues3 / Wed3 Mon3/Tues3	7x/PE3 Tues3 / Wed3 Mon3/Tues3	7y/PE1 Wed2 / Thurs4 Mon2 / Fri3	7y/PE2 Wed2 / Thurs4 Mon2 / Fri3	7y/PE3 Wed2 / Thurs4 Mon2 / Fri3
01.09.26 – 18.09.26 (2 weeks)	Core Skills (Outside/Boots)	Core Skills (Outside/Boots)	Core Skills (Outside/Boots)	Core Skills (Outside/Boots)	Core Skills (Outside/Boots)	Core Skills (Outside/Boots)
21.01.26 – 25.09.26 (1 week)	Cross Country (Outside/Boots)	Cross Country (Outside/Boots)	Cross Country (Outside/Boots)	Cross Country (Outside/Boots)	Cross Country (Outside/Boots)	Cross Country (Outside/Boots)
28.09.26 – 23.10.26 (4 weeks)	Tag Rugby (Outside/Boots)	Handball (Outside/Boots)	Netball (Outside/Trainers)	Tag Rugby (Outside/Boots)	Handball (Outside/Boots)	Netball (Outside/Trainers)
02.11.26 – 27.11.26 (4 weeks)	Gymnastics (Indoor/Bare Feet)	Football (Outside/Boots)	(Tag) Rugby (Outside/Boots)	Gymnastics (Indoor/Bare Feet)	Football (Outside/Boots)	(Tag) Rugby (Outside/Boots)
30.11.26 – 17.12.26 (3 weeks)	Netball (Trainers)	Gymnastics (Indoor/Bare Feet)	Dance (Indoor/Bare Feet)	Netball (Trainers)	Gymnastics (Indoor/Bare Feet)	Dance (Indoor/Bare Feet)
04.01.27 – 29.01.27 (4 weeks)	Badminton (Trainers)	Dance (Indoor/Bare Feet)	Football (Outside/Boots)	Badminton (Trainers)	Dance (Indoor/Bare Feet)	Football (Outside/Boots)
01.02.27 – 05.03.27 (4 weeks)	Football (Outside/Boots)	(Tag) Rugby (Outside/Boots)	Gymnastics (Indoor/Bare Feet)	Football (Outside/Boots)	(Tag) Rugby (Outside/Boots)	Gymnastics (Indoor/Bare Feet)
08.03.27 – 25.03.27 (3 weeks)	Dance (Indoor/Bare Feet)	Netball (Trainers)	Handball (Outside/Boots)	Dance (Indoor/Bare Feet)	Netball (Trainers)	Handball (Outside/Boots)
12.04.27 – 21.05.27 (6 weeks)	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics
24.05.27 – 02.07.27 (5 weeks)	S&F Skills Rounders Cricket	S&F Skills Rounders Cricket	S&F Skills Cricket Rounders	S&F Skills Rounders Cricket	S&F Skills Rounders Cricket	S&F Skills Cricket Rounders
05.07.26 – 21.07.27 (3 weeks)	L1 –S&F L2 – OAA	L1 – OAA L2 –S&F	L1 –S&F L2 – OAA	L1 –S&F L2 – OAA	L1 – OAA L2 –S&F	L1 –S&F L2 – OAA

S&F – Striking & Fielding; Cricket, Rounders, Softball

OAA – Outdoor Adventurous Activities; Orienteering

Year 8 Programme of Study 2026-2027

	8x/PE1 Mon4 / Tues2 Wed1/Thurs2	8x/PE2 Mon4 / Tues2 Wed1/Thurs2	8x/PE3 Mon4 / Tues2 Wed1/Thurs2	8y/PE1 Wed1 / Thurs1 Tues4 / Fri1	8y/PE2 Wed1 / Thurs1 Tues4 / Fri1	8y/PE3 Wed1 / Thurs1 Tues4 / Fri1
01.09.26 – 02.10.26 (5 weeks)	Football <i>(Outside/Boots)</i>	(Tag) Rugby <i>(Outside/Boots)</i>	Netball <i>(Trainers)</i>	Football <i>(Outside/Boots)</i>	(Tag) Rugby <i>(Outside/Boots)</i>	Netball <i>(Trainers)</i>
05.10.26 – 23.10.26 (3 weeks)	Fitness Programme <i>(Outside/Boots)</i>	Fitness Programme <i>(Outside/Boots)</i>	Fitness Programme <i>(Outside/Boots)</i>	Fitness Programme <i>(Outside/Boots)</i>	Fitness Programme <i>(Outside/Boots)</i>	Fitness Programme <i>(Outside/Boots)</i>
02.11.26 – 27.11.26 (4 weeks)	Gymnastics <i>(Indoor/Bare Feet)</i>	Dance <i>(Indoor/Bare Feet)</i>	(Tag) Rugby <i>(Outside/Boots)</i>	Gymnastics <i>(Indoor/Bare Feet)</i>	Dance <i>(Indoor/Bare Feet)</i>	(Tag) Rugby <i>(Outside/Boots)</i>
30.11.26 – 17.12.26 (3 weeks)	Badminton <i>(Trainers)</i>	Gymnastics <i>(Indoor/Bare Feet)</i>	Football <i>(Outside/Boots)</i>	Badminton <i>(Trainers)</i>	Gymnastics <i>(Indoor/Bare Feet)</i>	Football <i>(Outside/Boots)</i>
04.01.27 – 29.01.27 (4 weeks)	Netball <i>(Trainers)</i>	Badminton <i>(Trainers)</i>	Dance <i>(Indoor/Bare Feet)</i>	Netball <i>(Trainers)</i>	Badminton <i>(Trainers)</i>	Gymnastics <i>(Indoor/Bare Feet)</i>
01.02.27 – 05.03.27 (4 weeks)	Dance <i>(Indoor/Bare Feet)</i>	Football <i>(Outside/Boots)</i>	Gymnastics <i>(Indoor/Bare Feet)</i>	Dance <i>(Indoor/Bare Feet)</i>	Football <i>(Outside/Boots)</i>	Badminton <i>(Trainers)</i>
08.03.27 – 25.03.27 (3 weeks)	(Tag) Rugby <i>(Outside/Boots)</i>	Netball <i>(Trainers)</i>	Badminton <i>(Trainers)</i>	(Tag) Rugby <i>(Outside/Boots)</i>	Netball <i>(Trainers)</i>	Dance <i>(Indoor/Bare Feet)</i>
12.04.27 – 21.05.27 (6 weeks)	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics
24.05.27 – 02.07.27 (5 weeks)	Rounders Cricket	Rounders Cricket	Cricket Rounders	Rounders Cricket	Rounders Cricket	Cricket Rounders
05.07.26 – 21.07.27 (3 weeks)	L1 – Leadership L2 – OAA	L1 – OAA L2 – Leadership	L1 – Leadership L2 – OAA	L1 – Leadership L2 – OAA	L1 – OAA L2 – Leadership	L1 – Leadership L2 – OAA

S&F – Striking & Fielding; Cricket, Rounders, Softball

OAA – Outdoor Adventurous Activities; Orienteering

Leadership – develop skills as a leader

Year 9 Programme of Study 2026-2027

	9x/PE1 Tues4/Fri1 Tues1/Wed4	9x/PE2 Tues4/Fri1 Tues1/Wed	9x/PE3 Tues4/Fri1 Tues1/Wed4	9y/PE1 Tues1/Thurs2 Tues5 / Thurs4	9y/PE2 Tues1/Thurs2 Tues5 / Thurs4
01.09.26 – 02.10.26 (5 weeks)	Football (Outside/Boots)	Netball (Trainers)	(Tag) Rugby (Outside/Boots)	Football (Outside/Boots)	Netball (Trainers)
05.10.26 – 23.10.26 (3 weeks)	Fitness Programme (Outside/Boots)	Fitness Programme (Outside/Boots)	Fitness Programme (Outside/Boots)	Fitness Programme (Outside/Boots)	Fitness Programme (Outside/Boots)
02.11.26 – 27.11.26 (4 weeks)	Netball (Trainers)	Dance (Trainers)	Football (Outside/Boots)	Dance (Trainers)	Football (Outside/Boots)
30.11.26 – 17.12.26 (3 weeks)	Badminton (Trainers)	Football (Outside/Boots)	Dance (Trainers)	Badminton (Trainers)	Dance (Trainers)
04.01.27 – 21.01.27 (3 weeks)	TASTER SESSIONS GCSE PE/DANCE	TASTER SESSIONS GCSE PE/DANCE	TASTER SESSIONS GCSE PE/DANCE	TASTER SESSIONS GCSE PE/DANCE	TASTER SESSIONS GCSE PE/DANCE
25.01.27 – 12.02.27 (3 weeks)	Fitness (Trainers)	Badminton (Trainers)	Table Tennis (Trainers)	Table Tennis (Trainers)	Badminton (Trainers)
25.02.27 – 12.03.27 (3 weeks)	Dance (Trainers)	Table Tennis (Trainers)	Badminton (Trainers)	Netball (Trainers)	Handball (Outside/Boots)
15.03.27 – 25.03.27 (2 weeks)	Table Tennis (Trainers)	Fitness (Les Mills)	Handball (Outside/Boots)	Fitness (Les Mills)	Table Tennis (Trainers)
12.04.27 – 21.05.27 (6 weeks)	Athletics	Athletics	Athletics	Athletics	Athletics
24.05.27 – 02.07.27 (5 weeks)	Rounders Softball	Rounders Cricket	Cricket Softball	Rounders Cricket	Cricket Softball
05.07.26 – 21.07.27 (3 weeks)	L1 – S&F L2 – OAA	L1 – OAA L2 – S&F	L1 – S&F L2 – OAA	L1 – OAA L2 – S&F	L1 – S&F L2 – OAA

S&F – Striking & Fielding; Cricket, Rounders, Softball

OAA – Outdoor Adventurous Activities; Orienteering

Year 10 Programme of Study 2026-2027

	10x/PE1 Mon2/Fri4 Wed3/Fri4	10x/PE2 Mon2/Fri4 Wed3/Fri4	10x/PE3 Mon2/Fri4 Wed3/Fri4	10x/PE4 Mon2/Fri4 Wed3/Fri4	10y/PE1 Mon5 / Fri2 Mon5 / Fri2	10y/PE2 Mon5 / Fri2 Mon5 / Fri2	10y/PE3 Mon5 / Fri2 Mon5 / Fri2
01.09.26 – 02.10.26 (5 weeks)	Badminton (Trainers)	Netball (Trainers)	Football (Outside/Boots)	Football (Outside/Boots)	Badminton (Trainers)	Football (Outside/Boots)	Netball (Trainers)
05.10.26 – 23.10.26 (3 weeks)	Netball (Trainers)	Fitness (Outside/Boots)	Fitness (Outside/Boots)	Fitness (Outside/Boots)	Netball (Trainers)	Fitness (Outside/Boots)	Fitness (Outside/Boots)
02.11.26 – 27.11.26 (4 weeks)	Fitness (Trainers)	Football (Outside/Boots)	Handball (ATP) (Outside/Boots)	Basketball / Table Tennis	Fitness (Trainers)	Handball (ATP) (Outside/Boots)	Football (Outside/Boots)
30.11.26 – 17.12.26 (3 weeks)	Dance (Trainers)	Dance (Trainers)	Badminton (Trainers)	Handball (Trainers)	Dance (Trainers)	Badminton (Trainers)	Handball (Trainers)
04.01.27 – 21.01.27 (3 weeks)	Teaching Space - Gymnasium	Teaching Space – Main Hall	Fitness Room (Trainers)	Badminton (Trainers)	Teaching Space - Gymnasium	Fitness Room (Trainers)	Badminton (Trainers)
25.01.27 – 12.02.27 (3 weeks)	Fitness Room (Trainers)	Badminton (Trainers)	Table Tennis (Trainers)	American Football (Outside/Boots)	Fitness Room (Trainers)	Table Tennis (Trainers)	Basketball (Trainers)
25.02.27 – 12.03.27 (3 weeks)	Table Tennis (Trainers)	Fitness (Trainers)	Basketball (Trainers)	Netball (Trainers)	Table Tennis (Trainers)	Basketball (Trainers)	American Football (Outside/Boots)
15.03.27 – 25.03.27 (2 weeks)	Frisbee (Trainers)	Handball (Outside/Boots)	Pickle Ball (Trainers)	Table Tennis (Trainers)	Frisbee (Trainers)	Pickle Ball (Trainers)	Table Tennis (Trainers)
12.04.27 – 21.05.27 (6 weeks)	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics
24.05.27 – 21.07.27 (8 weeks)	L1 – S&F L2 – Multi Activity	L1 – Multi Activity L2 – S&F	L1 – S&F L2 – Multi Activity	L1 – Multi Activity L2 – S&F	L1 – Multi Activity L2 – S&F	L1 – S&F L2 – Multi Activity	L1 – Multi Activity L2 – S&F

S&F – Striking & Fielding; Cricket, Rounders, Softball

Multi Activity – lifelong sports

Year 11 Programme of Study 2026-2027

	11x/PE1 Wed4 Mon1/Wed2/Fri5	11x/PE2 Wed4 Mon1/Wed2/Fri5	11x/PE3 Wed4 Mon1/Wed2/Fri5	11y/PE1 Tues5 /Fri3 Mon4 / Thur5	11y/PE2 Tues5 /Fri3 Mon4 / Thur5	11y/PE3 Tues5 /Fri3 Mon4 / Thur5
01.09.26 – 25.09.26 (4 weeks)	Badminton (Trainers)	Netball (Trainers)	Rugby (Outside/Boots)	Badminton (Trainers)	Netball (Trainers)	Rugby (Outside/Boots)
28.09.26 – 23.10.26 (4 weeks)	Fitness (Trainers)	Badminton (Trainers)	Handball (SH) (Trainers)	Fitness (Trainers)	Badminton (Trainers)	Handball (SH) (Trainers)
02.11.26 – 27.11.26 (4 weeks)	Fitness (Trainers)	First Aid (Classroom)	Football (Outside/Boots)	Fitness (Trainers)	First Aid (Classroom)	Football (Outside/Boots)
30.11.26 – 17.12.26 (3 weeks)	Dance (Trainers)	Dance (Trainers)	Netball (Trainers)	Dance (Trainers)	Dance (Trainers)	Netball (Trainers)
04.01.27 – 21.01.27 (3 weeks)	Teaching Space - Gymnasium	Fitness (Trainers)	Badminton (Trainers)	Teaching Space - Gymnasium	Fitness (Trainers)	Badminton (Trainers)
25.01.27 – 12.02.27 (3 weeks)	Table Tennis (Trainers)	Fitness (Trainers)	GCSE PE Moderation Prep	Table Tennis (Trainers)	Fitness (Trainers)	GCSE PE Moderation Prep
25.02.27 – 12.03.27 (3 weeks)	First Aid (Classroom)	Football (Outside/Boots)	Basketball (Trainers)	First Aid (Classroom)	Football (Outside/Boots)	Basketball (Trainers)
15.03.27 – 25.03.27 (2 weeks)	Badminton (Trainers)	Teaching Space – Main Hall	American Football (Outside/Boots)	Badminton (Trainers)	Teaching Space – Main Hall	American Football (Outside/Boots)
12.04.27 – 28.05.27 (7 weeks)	Summer Activities	Summer Activities	Summer Activities	Summer Activities	Summer Activities	Summer Activities

Summer Activities include; athletics, striking & fielding games, volleyball