

CURRICULUM: Years 7-11 2019/20

DOUBLE LESSONS

Y11 – 3 Options for 3 sessions then rotate. Rounders tournaments at end of year.

Y7-9 - Activities change each term:-

		Y7	Y8	Y9	Y10
GIRLS	Autumn	HOCKEY	HOCKEY	HOCKEY/ FOOTBALL	HOCKEY/ FOOTBALL
	Spring	GYM	GYM	GYM	GYM
	Summer	ATHLETICS	ATHLETICS	ATH+ROUND	ROUND
BOYS	Autumn	RUGBY	RUGBY	RUGBY	RUGBY
	Spring	FOOTBALL	FOOTBALL	FOOTBALL	FOOTBALL
	Summer	ATHLETICS	ATHLETICS	ATH+ROUND	SOFTBALL

Autumn Term - 6 sessions (then 1 session Xmas Dancing, starting Mon 9 Dec)

Spring Term - 6 sessions until end of term.

Summer Term - 4 sessions, then end of term Rounders for the final session

DOUBLE/SINGLE LESSONS

Y11 - Activities change each term.

Y7-10 - 6 Activity Blocks of 6 weeks (not necessarily in same order for each group)

		Y7	Y8	Y9	Y10
GIRLS	1	NETBALL	XC/FITNESS	NETBALL	FITNESS
	2	SWIM	NETBALL	VOLLEYBALL	BAD/VOLL
	3	XC/FITNESS	SWIM	FITNESS	BASKETBALL
	4	ROUNDERS	TENNIS	SWIM/TENNIS	FIT/SQUASH
	5	TENNIS	ROUNDERS	BBALL/HAND	NETBALL
	6	FOOTBALL	FOOTBALL	FOOTBALL	XC/ORIENT
BOYS	1	GYM	XC/FITNESS	VOLLEYBALL	BADMINTON
	2	BASKETBALL	GYM	BASKETBALL	FUTSAL
	3	XC/FITNESS	BASKETBALL	FITNESS	W/ATERPOLO
	4	CRICKET	SWIM	BAD/TENNIS	XC/ORIENT
	5	SWIM	CRICKET	WATERPOLO	ROUND/CRICK/TEN
	6	HOCKEY	HOCKEY	HANDBALL	ROUND/CRICK/TEN

Activity Block 1 (6 wks) - Mon 9 Sept

Activity Block 2 (6 wks) - Mon 22 Oct

Activity Block 3 (6 wks) - Mon 9 Dec

Activity Block 4 (6 wks) - Mon 3 Feb

Activity Block 5 (6 wks) - Mon 23 Mar

Activity Block 6 (6 wks) - Mon 1 June

Sports Hall 11 May – 29 June

Fri 18 Oct

Fri 6 Dec

Fri 31 Jan

Fri 20 March

Fri 22 May

Fri 10 July



PE KIT 2019/20

<p>Boys Kit:</p> <p>Black Kit:</p> <ul style="list-style-type: none"> • Black rugby shorts • Reversible rugby shirt – black/red with school badge • Black football socks • Football boots (plastic studs) • Trainers • Grey hoodie with school badge, available from designated suppliers – no other brand is acceptable (optional) • In addition, the following protective equipment is strongly recommended: shin-pads and a gum-shield (rugby only) <p>Optional: Plain black tracksuit bottoms/jogging pants. (At teacher's discretion usually for outdoor lessons.)</p> <p>White Kit:</p> <ul style="list-style-type: none"> • White polo shirt with applicable 'Learning Community' coloured trim I Band – yellow, G Band – red and S Band – blue and school badge White shorts • White sports socks • Trainers • Grey hoodie with school badge, available from designated suppliers – no other brand is acceptable (optional) <p>Swimming:</p> <ul style="list-style-type: none"> • Swimming trunks/towel/goggles • Please bring white kit as well in case the pool is out of action 	<p>Girls Kit:</p> <p>Girls Kit:</p> <ul style="list-style-type: none"> • White polo shirt with applicable 'Learning Community' coloured trim I Band – yellow, G Band – red and S Band – blue and school badge • Black skort with school badge • Black hockey socks (hockey only) • White sports socks • Trainers • Astro boots (optional) • Grey hoodie with school badge, available from our designated suppliers - no other brand is acceptable (optional) <p>Optional: Plain black tracksuit bottoms/jogging pants or IGS leggings. (At teacher's discretion for outdoor lessons, please bring skorts as well.)</p> <p>Swimming;</p> <ul style="list-style-type: none"> • Swimsuit (one-piece) / towel / goggles • Bring PE kit as well in case the pool is out of action
<p>Boys Curriculum</p> <p>Black Kit</p> <ul style="list-style-type: none"> • Rugby • Football <p>White Kit</p> <ul style="list-style-type: none"> • Basketball • Cross Country (X/C) • Cricket • Athletics • Hockey • Gym • Fitness (Fit) 	<p>Girls Curriculum</p> <p>All kit required is the same for all sports with the addition of hockey socks for hockey.</p>

Year 7

Double Lessons	Gender	Autumn Term	Spring Term	Summer Term
7I Thurs B1+2 7G Mon B3+4 7S Wed A3+4	Girls	HOCKEY Girls kit+Hock Socks	GYM Girls Kit	ATHLETICS Girls Kit
	Boys	RUGBY Black Kit	FOOTBALL Black Kit	ATHLETICS White Kit

Double/Single	9 Sept -18 Oct	21 Oct-6 Dec	9 Dec – 31 Jan	3 Feb – 20 Mar	23 Mar – 22 May	1 June – 10 July
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7IA Mon A4 Thurs A3+4	Girls	Netball	Swim	X/C	Foot	Tennis	Rounders
	KH	Courts	Pool	Moor	3G	Courts	Field
	Boys	Gym	Basket	X/C	Hock	Cricket	Swim
	ACF/RCB	Gym	SpH	Moor	Astro	Astro	Pool

7IB Mon A4 Thurs A3+4	Girls	Netball	Foot	X/C	Swim	Rounders	Tennis
	FEA	Courts	3G	Moor	Pool	Field	Courts
	Boys	Basket	Hock	X/C	Gym	Swim	Cricket
	SP	SpH	Astro	Moor	Gym	Pool	Astro

7IC Mon A4 Thurs A3+4	Girls	Net	Foot	Swim	X/C	Rounders	Tennis
	JH	Courts	3G	Pool	Moor	Field	Courts
	Boys	Swim	Basket	Hockey	X/C	Gym	Cricket
	SP/JG	Pool	SH	Astro	Astro	Gym	Astro

7GA Thurs B4 Thurs A3+4	Girls	Netball	Swim	X/C	Foot	Tennis	Rounders
	LV	Courts	Pool	Moor	3G	Courts	Field
	Boys	Gym	Basket	X/C	Hock	Cricket	Swim
	MWC	Gym	SpH	Moor	Astro	Astro	Pool

7GB Thurs B3 Mon A1+2	Girls	Netball	Foot	X/C	Swim	Rounders	Tennis
	FEA	Courts	3G	Moor	Pool	Field	Courts
	Boys	Basket	Hock	X/C	Gym	Swim	Cricket
	RCB/SP	SpH	Astro	Moor	Gym	Pool	Astro

7SA Mon B4 Tues B1+2	Girls	Netball	Swim	X/C	Foot	Tennis	Rounders
	AJK	Courts	Pool	Moor	3G	Courts	Field
	Boys	Gym	Basket	X/C	Hock	Cricket	Swim
	RCB/JG	Gym	SpH	Moor	Astro	Astro	Pool

7SB Tues B2 Tues B1+2	Girls	Netball	Foot	X/C	Swim	Rounders	Tennis
	JH	Courts	3G	Moor	Pool	Field	Courts
	Boys	Basket	Hock	X/C	Gym	Swim	Cricket
	SP	SpH	Astro	Moor	Gym	Pool	Astro

7SC Mon B4 Tue B1+2	Boys	Swim	Basket	Hockey	X/C	Gym	Cricket
	ACF	Pool	SH	Astro	Astro	Gym	Astro

Year 8

Double Lessons	Gender	Autumn Term	Spring Term	Summer Term
8I Tues B3+4 8G Thurs B3+4 8S Mon B5+6	Girls	HOCKEY/ FOOTBALL	GYM	ATHLETICS
	Boys	RUGBY	FOOTBALL	ATHLETICS

Double/Single	9Sept-18 Oct	21Oct-6Dec	9 Dec – 31 Jan	3 Feb – 20 Mar	23 Mar –22 May	1 June – 10 July
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8IA Tues A4 Thurs A1+2	Girl	Net	Swim	Foot	XC	Rounders	Tennis
	AJK	Courts	Pool	3G	Moor	Field	Courts
	Boy	XC	Gym	Hock	Basket	Cricket	Swim
	ACF/J KG	Moors	Gym	Astro	SpH	Astro	Pool

8IB Tues A4 Thurs A1+2	Girls	Net	Foot	Swim	XC	Tennis	Rounders
	LV	Courts	3G	Pool	Moor	Courts	Field
	Boys	XC	Hock	Gym	Basket	Swim	Cricket
	MWC	Moors	Astro	Gym	SpH	Pool	Astro

8IC Tues A4 Thurs A1+2	Girls	Swim	Foot	Net	XC	Rouders	Tennis
	JH	Pool	3G	Courts	Moor	Field	Courts
	Boys	XC	Basket	Hockey	Swim	Gym	Cricket
	JG/AF	Moors	SH	Astro	Pool	Gym	Astro

8GA Wed B2 Wed A1+2	Girl	Net	Swim	Foot	XC	Rounders	Tennis
	JH	Courts	Pool	3G	Moor	Field	Courts
	Boy	XC	Gym	Hock	Basket	Cricket	Swim
	JG	Moors	Gym	Astro	SpH	Astro	Pool

8GB Wed B2 Wed A1+2	Girls	Net	Foot	Swim	XC	Tennis	Rounders
	AK/KH	Courts	3G	Pool	Moor	Courts	Field
	Boys	XC	Hock	Gym	Basket	Swim	Cricket
	RCB/A F	Moors	Astro	Gym	SpH	Pool	Astro

8GC Wed B2 Wed A 1+2	Girls	Swim	Foot	Net	XC	Rouders	Tennis
	AJK	Pool	3G	Courts	Moor	Field	Courts
	Boys	XC	Basket	Hockey	Swim	Gym	Cricket
	SP/MC	Moors	SH	Astro	Pool	Gym	Astro

8SA Thur A6 Tues A1+2	Girl	Net	Swim	Foot	XC	Rounders	Tennis
	AJK	Courts	Pool	3G	Moor	Field	Courts
	Boy	XC	Gym	Hock	Basket	Cricket	Swim
	RCB	Moors	Gym	Astro	SpH	Astro	Pool

8SB Thurs A6 Tues A1+2	Girls	Net	Foot	Swim	XC	Tennis	Rounders
	KH	Courts	3G	Pool	Moor	Courts	Field
	Boys	XC	Hock	Gym	Basket	Swim	Cricket
	SP/AC F	Moors	Astro	Gym	SpH	Pool	Astro

Year 9

Double Lessons	Gender	Autumn Term	Spring Term	Summer Term
9I Wed B3+4 9G Mon B1+2 9S Fri B1+2	Girls	HOCKEY	GYM	ATH + ROUNDERS
	Boys	RUGBY	FOOTBALL	ATH + SOFTBALL

Double/Single	9 Sept -18 Oct	21 Oct-6 Dec	9 Dec – 31 Jan	3 Feb – 20 Mar	23 Mar –22 May	1 June – 10 July
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9IA Tues A5 Wed A5	Girls JH	Volley SpH	Fit Gym	Netball Courts	Foot SpH	BB/Hand Gym/BCourt	Tennis/Swim Courts/Pool
	Boys SP	Fitness Gym	Basket SpH	W Polo Pool	Hand Courts	Tennis/Bad Courts/SpH	Cricket Gym/SpH

9IB Tues A5 Wed A5	Girls KH	Volley SpH	Fit Gym	Netball Courts	Foot SpH	BB/Hand G/P	Tennis/Swim Courts/Pool
	Boys JG	Basket Courts	Hand Courts	Fit Gym	W polo Pool	Tennis/Bad SpH	Cricket Gym/SpH

9IC Tues A5 Wed A5	Boys RCB	Cricket Courts	W Polo Pool	Fit Gym	Hand Courts	Tennis/Bad Courts/SpH	Basket Bcourt
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9GA Mon A1 Wed B5	Girls AJK	Volley SpH	Fitness Gym	Netball Courts	Foot SpH	BB/Hand Gym/court	Ten/Swim Courts/Pool
	Boys ACF	Fitness Gym	BB SpH	W Polo pool	Hand Courts	Tennis/Bad Courts/SpH	Cricket Gym/SpH

9GB Mon A1 Wed B5	Girls KH	Volley SpH	Fit Gym	Netball Courts	Foot SpH	BB/Hand Gym/court	Ten/Swim Courts/Pool
	Boys RCB	Fitness Gym	WPolo Pool	BB SpH/G	Hand Courts	Tennis/Bad SpH	Cricket Court/SpH

9SA Tues A3 Fri A1	Girls JH	Volley SpH	Fitness Gym	Netball Courts	Foot SpH	BB/Hand Gym/court	Tennis/Swim Courts/Pool
	Boys MWC	Fitness Gym	BB SpH	W Polo pool	Hand Courts	Tennis/Bad Courts/SpH	Cricket Gym/SpH

9SB Tues A3 Fri A1	Girls FEA	Volley SpH	Fitness Gym	Netball Courts	Foot SpH	BB/Hand Gym/court	Tennis/Swim Courts/Pool
	Boys ACF	Fitn Gym	BB SpH	W Polo pool	Hand Courts	Ten/Bad Courts/SpH	Cricket Gym/SpH

Year 10 X Half

Field lessons	Autumn Term	Spring Term	Summer Term
Girls	HOCK/FOOT	GYM	ROUNDERS
Boys	RUGBY/HOCKEY	FOOTBALL	SOFTBALL

Double/Single	9 Sept -18 Oct	21 Oct-6 Dec	9 Dec – 31 Jan	3 Feb – 20 Mar	23 Mar –22 May	1 June – 10 July
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10XA	Girls	FIELD	FIELD	FIELD	FIELD	FIELD	FIELD
	Boys	Bad	Futsal	W/P	X/C	Roun/Ten/Cri	Roun/Ten/Cri
	SP	SH	3G	Pool	Moors	Field/Cou/Astr	Field/Cou/Ast

10XB	Girls	FIELD	FIELD	FIELD	FIELD	FIELD	FIELD
	Boys	Futsal	W/P	Bad	X/C	Roun/Ten/Cri	Roun/Ten/Cri
	RCB	3G	Pool	SH	Moors	Field/Cou/Astr	Field/Cou/Ast

10XC	Girls	FIELD	FIELD	FIELD	FIELD	FIELD	FIELD
	Boys	W/P	Bad	Futsal	X/C	Roun/Ten/Cri	Roun/Ten/Cri
	ACF	Pool	SH	3G	Moors	Field/Cou/Astr	Field/Cou/Ast

Double/Single	9 Sept -18 Oct	21 Oct-6 Dec	9 Dec – 31 Jan	3 Feb – 20 Mar	23 Mar –22 May	1 June – 10 July
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10XA	Girls	Netball	Fitness	Bad/Vol	Basket	Fit/Squash	X/C
	FEA	Courts/SpH	Gym	SpH	Court	ILSTC	Moor
	Boys	FIELD	FIELD	FIELD	FIELD	FIELD	FIELD

10XB	Girls	Netball	Bad/Vol	Basket	Fitness	Fit/Squash	X/C
	AJK	Courts/SpH	SpH	Court	Gym	ILSTC	Moor
	Boys	FIELD	FIELD	FIELD	FIELD	FIELD	FIELD

10XC	Girls	Netball	Basket	Fitness	Bad/Vol	Fit/Squash	X/C
	KH	Court/SpH	Court	Gym	SpH	ILSTC	Moor
	Boys	FIELD	FIELD	FIELD	FIELD	FIELD	FIELD

Year 10 Y Half

Field lessons	Autumn Term	Spring Term	Summer Term
Girls	HOCK/FOOT	GYM	ROUNDERS
Boys	RUGBY/HOCKEY	FOOTBALL	SOFTBALL

Double/Single	9 Sept -18 Oct	21 Oct-6 Dec	9 Dec – 31 Jan	3 Feb – 20 Mar	23 Mar –22 May	1 June – 10 July
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10YA	Girls	FIELD	FIELD	FIELD	FIELD	FIELD	FIELD
	Boys	Bad	Futsal	W/P	X/C	Roun/Ten/Cri	Roun/Ten/Cri
	RCB	SH	3G	Pool	Moors	Field/Cou/Astr	Field/Cou/Ast

10YB	Girls	FIELD	FIELD	FIELD	FIELD	FIELD	FIELD
	Boys	Futsal	W/P	Bad	X/C	Roun/Ten/Cri	Roun/Ten/Cri
	MWC	3G	Pool	SH	Moors	Field/Cou/Astr	Field/Cou/Ast

10YC	Girls	FIELD	FIELD	FIELD	FIELD	FIELD	FIELD
	Boys	W/P	Bad	Futsal	X/C	Roun/Ten/Cri	Roun/Ten/Cri
	SP	Pool	SH	3G	Moors	Field/Cou/Astr	Field/Cou/Ast

Double/Single	9 Sept -18 Oct	21 Oct-6 Dec	9 Dec – 31 Jan	3 Feb – 20 Mar	23 Mar –22 May	1 June – 10 July
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10YA	Girls	Netball	Fitness	Bad/Vol	Basket	Fit/Squash	X/C
	KH	Courts/SpH	Gym	SpH	Court	ILSTC	Moor
	Boys	FIELD	FIELD	FIELD	FIELD	FIELD	FIELD

10YB	Girls	Netball	Bad/Vol	Basket	Fitness	Fit/Squash	X/C
	JH	Courts/SpH	SpH	Court	Gym	ILSTC	Moor
	Boys	FIELD	FIELD	FIELD	FIELD	FIELD	FIELD

10YC	Girls	Netball	Basket	Fitness	Bad/Vol	Fit/Squash	X/C
	FEA	Court/SpH	Court	Gym	SpH	ILSTC	Moor
	Boys	FIELD	FIELD	FIELD	FIELD	FIELD	FIELD

Year 11

Double Lessons

(Students select a maximum of 3 options)

CLIP AND CLIMB
TEN PIN BOWLING
ILTSC – SQUASH + GYM
ILTSC – Body Pump Spin
FITNESS at Nuffield Health
FOOTBALL
‘SCHOOL’ ACTIVITIES’ x 2

Single Lessons

	<u>AUTUMN TERM</u>	<u>Staff</u>		<u>SPRING TERM</u>	<u>Staff</u>	
G I R L S	BADMINTON SpH FOOTBALL G/P BASKETBALL G/P	X KH FEA JH	Y JH AJK KH	FITNESS G/P WATER POLO G/P X-COUNTRY SpH	X KH FEA JH	Y JH AJK KH
B O Y S	FITNESS G/P WATERPOLO G/P X-COUNTRY SpH	ACF SP MWC	ACF MWC RCB	BADMINTON SpH FOOTBALL G/P BASKETBALL G/P	MWC SP ACF	MWC RCB ACF

Y11 Staffing and Dates

IIX	Double Lessons	IY
Fri Week A		Fri Week B
SP, MWC, ACF KH, JH, FEA		SP, RCB, ACF AJK, JH, KH
MWC	ILTSC - SQUASH + GYM	RCB
JH	TEN PIN BOWLING	JH
FEA	FITNESS AT NUFFIELD HEALTH	AJK
SP	FOOTBALL	ACF
KH/ACF	SCHOOL ACTIVITIES x2	KH/MWC

6 Sept	(X)Free	13 Sept	A(Y)
20 Sept	A (X)	27 Sept	A (Y)
4 Oct	A (X)	11 Oct	A (Y)
18 Oct	A (X)	25 Oct	Train D
8 Nov	B (Y)	15 Nov	B (X)
22 Nov	B (Y)	29 Nov	B (X)
6 Dec	B (Y)	13 Dec	B (X)
10 Jan	(Mock exams)	17 Jan	(Mock Exams)
24 Jan	C (X)	31 Jan	C (Y)
7 Feb	C (X)	14 Feb	C (Y)
28 Feb	C (X)	6 Mar	C (Y)
13 Mar	(X) Free	20 Mar	C (Y) Free
27 Mar	(X) Free	3 April	C (Y) Free

24 April (X) and 1 May (Y) - Inter Tutor Group Rounders - (8 May - Y11 Leave)

