

# IGS CURRICULUM Overview Core PE

## SCHOOL FIELD LESSONS

**Y7-10** - **Activities change each term:-**

		<b>Y7</b>	<b>Y8</b>	<b>Y9</b>	<b>Y10</b>
<b>GIRLS</b>	Autumn	HOCKEY	HOCKEY	HOCKEY/ FOOTBALL	HOCKEY/ FOOTBALL
	Spring	GYM	GYM	GYM	GYM
	Summer	ATHLETICS/ Rounders Competition	ATHLETIC/ Rounders Competition	ATHLETIC/ Rounders Competition	ATHLETICS /Rounders Competition
<b>BOYS</b>	Autumn	RUGBY	RUGBY	RUGBY	RUGBY
	Spring	FOOTBALL	FOOTBALL	FOOTBALL	FOOTBALL
	Summer	ATHLETICS/ Rounders Competition	ATHLETICS /Rounders Competition	ATHLETICS/ Rounders Competition	SOFTBALL

**Autumn Term** - 6 sessions (then 1 session Dancing at end of term)

**Spring Term** - 6 sessions until end of term.

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

## SCHOOL SITE LESSONS

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

		<b>Y7</b>	<b>Y8</b>	<b>Y9</b>	<b>Y10</b>
<b>GIRLS</b>	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
<b>BOYS</b>	1	GYM	XC/FITNESS	VOLLEYBALL	BADMINTON
	2	BASKETBALL	GYM	BASKETBALL	FUTSAL
	3	XC/FITNESS	BASKETBALL	FITNESS	W/WATERPOLO
	4	CRICKET	SWIM	BAD/TENNIS	XC/ORIENT
	5	SWIM	CRICKET	WATERPOLO	ROUND/CRIK/TEN
	6	HOCKEY	HOCKEY	HANDBALL	ROUND/CRIK/TEN

# Year 11 Options Double lessons

*(Students select a maximum of 3 options)*

<p>TEN PIN BOWLING</p> <p>ILTSC - SQUASH + GYM+ BODY PUMP</p> <p>FITNESS at Nuffield Health</p> <p>CLIP and CLIMB</p> <p>FOOTBALL</p> <p>'SCHOOL' ACTIVITIES' x 2</p>
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## Single Lessons

	<u>AUTUMN TERM</u>	<u>Staff</u>	<u>SPRING TERM</u>	<u>Staff</u>
G I R L S	BADMINTON FOOTBALL BASKETBALL		FITNESS WATER POLO X-COUNTRY	
B O Y S	FITNESS WATERPOLO X-COUNTRY		BADMINTON FOOTBALL BASKETBALL	