

10X

	7 lessons 7/9-28/9	6 lessons 29/9-18/10	7 lessons *2/11-23/11	7 lessons 24/11-14/12
JVW/COM	Hockey 4G	Volleyball Sports Hall	Handball 4G	HRF Dance Studio
HT	Football Field	HRF Dance Studio	Netball Courts	Handball Courts
DG	Volleyball Sports Hall	Rugby Field	HRF Dance Studio	Football 4G
STA	HRF Dance studio	Hockey 4G	Rugby Field	Volleyball SH

10Y

	7 lessons 6/9-26/9	6 lessons 29/9-18/10	7 lessons *31/10-22/11	7 lessons 24/11-15/12
HT	Hockey 4G	Volleyball Sports Hall	Handball 4G	HRF Dance Studio
COM	Football Field	HRF Dance Studio	Netball Courts	Handball Courts
STA	Volleyball Sports Hall	Rugby Field	HRF Dance Studio	Football 4G

HRF Principles of training-SPORT and FITT to be taught. Training Methods-flexibility training, circuit training (aerobic or anaerobic), free weights, plyometrics, continuous training, fartlek training, interval training, speed training.

*Yr. 11/13 Mock exam period 13th November-24th November

House Matches-week 11th December

10X

	4/1-19/1 6 lessons	25/1-9/2 6 lessons	18/2-7/3 5 lessons	8/3-28/3 6 lessons
JVW/COM	Rugby Field	Basketball Sports Hall	TT Dance studio	Football 4G
HT	Volleyball Sports Hall	Hockey 4G	Rugby Field	Basketball Sports Hall
DG	TT Dance studio	Netball Courts	Basketball Sports Hall	Athletics
STA	Football 4G	TT Dance studio	Netball Courts	Athletics

10Y

	*5/1-23/1 6 lessons	26/1-9/2 5 lessons	21/2-6/3 5 lessons	8/3-26/3 5 lessons
HT	Rugby Field	Basketball Sports Hall	TT Dance studio	Football 4G
COM	Volleyball Sports Hall	Hockey 4G	Rugby Field	Basketball Sports Hall
STA	TT Dance studio	Netball Courts	Basketball Sports Hall	Athletics

HRF Principles of training-SPORT and FITT to be taught. Training Methods-flexibility training, circuit training (aerobic or anaerobic), free weights, plyometrics, continuous training, fartlek training, interval training, speed training.

House Matches-week 25^h March

10X

	7 lessons 18/4-9/5	7 lessons 10/5-7/6	6 lessons 13/6-28/6	6 lessons 4/7-19/7
JVW/COM	Option	Striking and fielding	Athletics	Netball Courts
HT	Option	Athletics	Striking and Fielding	TT Dance studio
DG	Option	Handball Courts	Striking and Fielding	Hockey 4G
STA	Option	Striking and Fielding	Handball Courts	Basketball SH

10Y

	7 lessons 17/4-7/5	7 lessons 10/5-7/6	6 lessons 11/6-28/6	6 lessons 3/7-23/7
HT	Option	Striking and fielding	Athletics	Netball Courts
COM	Option	Athletics	Striking and Fielding	TT Dance studio
STA	Option	Handball Courts	Striking and Fielding	Hockey 4G

Sports Day-Tuesday 9th July Reserve Sports Day- Thursday 11th July

Summer exams 9th May- 19th June