

7X				
	7/9-21/9 *5 lessons	24/9-16/10 7 lessons	*19/10-23/11 8 lessons	26/11-18/12 7 lessons
GD	Induction/Carousel	Netball Courts	Hockey 4G	Football 4G
JVW/NAW	Induction/Carousel	Gymnastics Dance Studio	Netball Courts	Badminton SH
COM	Induction/Carousel	Rugby Field	Gymnastics Dance Studio	Netball Courts
STA	Induction/Carousel	Badminton Sports Hall	Rugby Field	Dance Dance Studio

7Y				
	8/9-22/9 *5 lessons	23/9-15/10 7 lessons	*20/10-24/11 8 lessons	25/11-17/12 7 lessons
NAW	Induction/Carousel	Netball Courts	Hockey 4G	Football 4G
GD	Induction/Carousel	Gymnastics Dance Studio	Netball Courts	Badminton SH
STA/JVW	Induction/Carousel	Rugby Field	Gymnastics Dance Studio	Netball Courts
COM/DG	Induction/Carousel	Badminton Sports Hall	Rugby Field	Dance Dance Studio

Major Muscles to be taught

*Yr. 11/13 Mock exam period 9th-20th November

Theme for dance Action

House Matches-week 14th December

7X

	4/1-18/1 5 lessons	21/1-4/2 5 lessons	5/2-5/3 5 lessons	8/3-25/3 6 lessons
GD	Badminton Sports Hall	Gymnastics Dance Studio	Dance Dance Studio	Rugby Field
JVW/NAW	Hockey 4G	Rugby 4G	Football Field	Dance SH
COM	Football Field	Badminton Sports Hall	Hockey 4G	Dance Dance Studio
STA	Gymnastics Dance Studio	Football Field	Netball Courts	Hockey 4G

7Y				
	5/1-20/1 6 lessons	26/1 11/2 6 lessons	23/2-9/3 5 lessons	10/3-24/3 5 lessons
NAW	Badminton Sports Hall	Gymnastics Dance Studio	Dance Dance Studio	Rugby Field
GD	Hockey 4G	Rugby 4G	Football Field	Dance SH
STA/JVW	Football Field	Badminton Sports Hall	Hockey 4G	Dance Dance Studio
COM/DG	Gymnastics Dance Studio	Football Field	Netball Courts	Hockey 4G

Major muscles taught **Dance theme-** Action **Gymnastics theme-**Methods of movement, rotation and fundamental shapes:

7X		
	12 lessons 16/4-28/5	13 lessons 7/6-23/7
GD	Athletics Outside	Striking and Fielding Outside
JVW/NAW	Striking and Fielding Outside	Athletics Outside
COM	Athletics Outside	Striking and Fielding Outside
STA	Striking and Fielding Outside	Athletics Outside

7Y		
	12 lessons 20/4-27/5	12 lessons 8/6-21/7
NAW	Athletics Outside	Striking and Fielding Outside
GD	Striking and Fielding Outside	Athletics Outside
STA/JVW	Athletics Outside	Striking and Fielding Outside
COM/DG	Striking and Fielding Outside	Athletics Outside

Major Muscles should be known by now

Summer exams 10th May- 24th June

Sports Day-22nd June Reserve Sports Day- 21st July