

10X

	9/9-30/9 7 lessons	1/10-3/11 7 lessons	4/11-25/11 7 lessons	1/12-17/12 7 lessons
COM/DG	Football Outside	Volleyball Sports Hall	Hockey 4G	TT Dance Studio
RG/HS	Volleyball Sports Hall	Hockey 4G	TT Dance Studio	Handball Courts
SAT	TT Dance Studio	Handball Courts	Volleyball Sports Hall	Football 4G

10Y

	10/9-1/10 6 lessons	4/10-19/10 6 lessons	5/11-22/11 6 lessons	23/12-17/12 7 lessons
COM	Football Outside	Volleyball Sports Hall	Hockey 4G	TT Dance Studio
HS	Volleyball Sports Hall	Hockey 4G	TT Dance Studio	Handball Courts
SAT	TT Dance Studio	Handball Courts	Volleyball Sports Hall	Football 4G

*Yr. 11/13 Mock exam period 29th November-16th December SH

House Matches-week 13th December

10X

	*6/1-27/1 7 lessons	28/1-17/2 6 lessons	2/3-17/3 6 lessons	18/3-7/4 6 lessons
COM/DG	Rugby Field/4G	HRF Dance Studio	Netball Courts	Basketball Sports Hall
RG/NAW	Basketball Sports Hall	Netball Courts	Rugby Field/4G	HRF Dance Studio
SAT	Hockey 4G	Basketball Sports Hall	HRF Dance Studio	Netball Courts

10Y

	*7/1-31/1 7 lessons	1/2-18/2 6 lessons	4/3-21/3 6 lessons	22/3-8/4 5 lessons
COM	Rugby Field/4G	HRF Dance Studio	Netball Courts	Basketball Sports Hall
NAW	Basketball Sports Hall	Netball Courts	Rugby Field/4G	HRF Dance Studio
SAT	Hockey 4G Studio	Basketball Sports Hall	HRF Dance Studio	Netball Courts

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.

*Jan series exams 7-19 Jan, TBC

House Matches-week 4th April

10X

	8 lessons 27/4-19/5	8 lessons 25/5-23/6	8 lessons 29/6-21/7
COM/DG	Athletics Outside	Striking and Fielding Outside	Option programme
RG/NAW	Striking and Fielding Outside	Athletics Outside	Option programme
SAT	Striking and Fielding Outside	Athletics Outside	Option programme

10Y

	8 lessons 29/4-27/5	7 lessons 6/6-24/6	7 lessons 1/7-19/7
COM	Athletics Outside	Striking and Fielding Outside	Option programme
NAW	Striking and Fielding Outside	Athletics Outside	Option programme
SAT	Striking and Fielding Outside	Athletics Outside	Option programme

Sports Day- Week 2 Wednesday 6th July **Reserve Sports Day- Week 1** Wednesday 6th July

Summer exams 16th May-1st July