

10X

	7/9-28/9 7 lessons	29/9-19/10 6 lessons	*2/11-23/11 7 lessons	25/11-15/12 7 lessons
COM	Badminton Sports Hall	Football 4G	HRF Dance Studio	Hockey 4G
JVW/NAW	Hockey 4G	Volleyball Sports Hall	Football 4G	Badminton Sports Hall
SAT/DG	HRF Dance Studio	Netball Courts	Volleyball Sports Hall	Football Field

10Y

	9/9-28/9 6 lessons	3/10-18/10 6 lessons	*2/11-21/11 6 lessons	22/11-14/12 7 lessons
JVW/NAW	Badminton Sports Hall	Football 4G	HRF Dance Studio	Hockey 4G
RG/SAT	Hockey 4G	Volleyball Sports Hall	Football 4G	Badminton Sports Hall
DG/COM	HRF Dance Studio	Netball Courts	Volleyball Sports Hall	Football Field

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 7th November-18th November

House Matches-week 12th December

10X

	*4/1-20/1 7 lessons	25/1-9/2 6 lessons	22/2-10/3 6 lessons	15/3-30/3 6 lessons
COM	Basketball Sports Hall	Netball Courts	Rugby Field	Volleyball Sports Hall
JVW/NAW	Rugby Field	Basketball Sports Hall	Netball Courts	HRF 007
SAT/DG	Hockey 4G	Rugby Field/4G	Basketball Sports Hall	Striking and Fielding outside

10Y

	*4/1-20/1 7 lessons	25/1-20/2 6 lessons	21/2-10/3 6 lessons	15/3-29/3 5 lessons
JVW/NAW	Basketball Sports Hall	Netball Courts	Rugby Field	Volleyball Sports Hall
RG/SAT	Rugby Field	Basketball Sports Hall	Netball Courts	HRF 007
DG/COM	Hockey 4G	Rugby Field/4G	Basketball Sports Hall	Striking and Fielding outside

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 9th-20th Jan **House Matches-week 27th March**

10X

	19/4-5/5 6 lessons	10/5-25/5 6 lessons	7/6-23/6 6 lessons	28/3-19/7 7 lessons
COM	Athletics	Striking Fielding	Option 1	Option 2
JVW/NAW	Athletics	Striking Fielding	Option 1	Option 2
SAT/DG	Badminton SH	Athletics	Option 1	Option 2

10Y

	17/4-5/5 6 lessons	10/5-5/6 6 lessons	6/6-23/6 6 lessons	28/6-18/7 7 lessons
JVW/NAW	Athletics	Striking Fielding	Option 1	Option 2
RG/SAT	Striking Fielding	Athletics	Option 1	Option 2
DG/COM	Badminton SH	Athletics	Option 1	Option 2

Sports Day- Reserve Sports Day-

Year 10/12 exams-5th June-16th June

Summer exams 16th May-27th June

10X

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

Sports Day- Reserve Sports Day-

Year 10/12 exams-5th June-16th June

Summer exams 16th May-27th June