Plan of Study – Year 7

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| Term | Term 1 | Term 1 | Term 2 | Term 2 | Term 2 | Term 3 | Term 3/4 | Term 4 |
| Week Commencing | 7/9, 14/9 | 21/9, 28/9, 5/10, 12/10 | 19/10, 2/11, 9/11, 16/11 | 23/11, 30/11 | 7/12, 14/12 | 4/1, 11/1,  | 18/1, 25/1, 1/2, 8/2,  | 22/2, 1/3, 8/3, 15/3 |
| 7BC Boys Wed 3 LFO | Baseline(Various) | Rugby (Fields) | Rugby (Fields) | Gymnastics (Sports Hall) | Inter-PE (Various)  | Gymnastics (Sports Hall) | Football (Fields) | Badminton (Sports Hall) |
| Thurs 1 LFO | Baseline(Various) | Handball (MUGAs) | Handball (MUGAs) | Football (Fields) | Inter-PE (Various) | Football (Fields) | HRE (Various) | Basketball (Sports Hall) |
| Thurs 2 LFO | Baseline(Various) | Table Tennis(Dance Studio) | Table Tennis(Dance Studio) | Gymnastics (Sports Hall) | Inter-PE (Various)  | Gymnastics (Sports Hall) | HRE (Various) | Basketball (Sports Hall) |
| 7BC GirlsWed 3 MJO | Baseline(Various) | Netball (MUGAs) | Netball (MUGAs) | Rugby (Fields) | Inter-PE (Various) | Rugby (Fields) | Rugby (Fields) | HRE/Dodgeball (Pavilion MUGA) |
| Thurs 1 MJO | Baseline(Various) | Badminton (Sports Hall) | Basketball (Sports Hall) | Gymnastics (Sports Hall) | Inter-PE (Various)  | Gymnastics (Sports Hall) | HRE (Various) | Football (Fields) |
| Thurs 2 MJO | Baseline(Various) | Badminton (Sports Hall) | Basketball (Sports Hall) | Gymnastics (Dance Studio) | Inter-PE (Various) | Gymnastics (Sports Hall) | HRE (Various) | Football (Fields) |

Plan of Study – Year 7 (Continued) (10Spo – SMC Thurs 1 and 2)

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| Term | Term 4 | Term 5 | Term 5 | Term 6 | Term 6 |
| Week Commencing | 22/3 | 12/4, 19/4, 26/4, 3/5 | 10/5, 17/5, 24/5 | 7/6, 14/6, 21/6, 28/6 | 5/7, 12/7 |
| 7BC Boys Wed 3 LFO | Inter-PE(Various) | Athletics (Fields) | Athletics (Fields) | Athletics (Fields) | Athletics/Inter-PE (Fields/Various) |
| Thurs 1 LFO | Inter-PE(Various) | Cricket (Fields) | Cricket (Fields) | Softball (Fields) | Softball(Fields) |
| Thurs 2 LFO | Inter-PE(Various) | Cricket (Fields) | Cricket (Fields) | Softball (Fields) | Softball(Fields) |
| 7BC GirlsWed 3 MJO | Inter-PE(Various) | Athletics (Fields) | Athletics (Fields) | Athletics (Fields) | Athletics/Inter-PE (Fields/Various) |
| Thurs 1 MJO | Inter-PE(Various) | Rounders (Fields) | Rounders (Fields) | Cricket (Fields) | Cricket (Fields) |
| Thurs 2 MJO | Inter-PE(Various) | Rounders (Fields) | Rounders (Fields) | Cricket (Fields) | Cricket (Fields) |

Assessment Objectives

AO1 - Use of a range of tactics and strategies to overcome opponents in direct competition through team and individual games

AO2 - Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best

AO3 - Performance of dances using advanced dance techniques within a range of dance styles and forms

AO4 - Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group.

AO5 - Development of technique and improvement of performance in other competitive sports

AO6 - Use of a basic range of leadership skills and styles in small and large groups of learners.

Information

10Spo – SMC timetabled Thurs 1 and 2 as well.

Terms 3 and 4 Drama Studio free Thurs 1 and 2

Terms 1, 2, 5 and 6 Dance Studio free Thurs 2

Key

School Changing Rooms

Pavilion Changing Rooms