

Y7-9 East/West	<u>Lesson</u>	<u>Autumn</u>		<u>Spring</u>		<u>Summer</u>	
Boys +	<i>Lesson 1</i>	Rugby	Rugby	Football	Football	Athletics	Cricket
	<i>Lesson 2</i>	Basketball	Handball	Trampolining	TT	Athletics	Striking / Fielding
Boys -	<i>Lesson 1</i>	Rugby / Tag Rugby	HRE	Basketball	Trampolining	Athletics	Tennis
	<i>Lesson 2</i>	TT	Handball (Astro)	Football		Athletics	Striking / Fielding
Girls +	<i>Lesson 1</i>	Netball	Netball	Trampolining	Dance	Athletics	Striking / Fielding
	<i>Lesson 2</i>	Handball	Gymnastics	HRE (Field)	Badminton	Athletics	Quick Cricket
Girls-	<i>Lesson 1</i>	Handball	Gymnastics	Dance	Badminton	Athletics	Striking / Fielding
	<i>Lesson 2</i>	Netball	TT (Main hall)	HRE	Trampolining	Athletics	Short Tennis
Mixed	<i>Lesson 1</i>	Basketball	Dodgeball (Needhams)	TT	Quick Sticks (Hockey)	Athletics	OAA
	<i>Lesson 2</i>	Gymnastics (Needhams)	ABC's	Fitness	Short Tennis	Athletics	Striking / Fielding



Year 10/11 KS4	HT 1	HT 2	HT 3	HT 4	HT 5	HT 6
Girls 1 (Performance /Leadership)	Badminton	Netball	Trampolining	Leadership	Athletics (Olympics)	Striking / fielding
*Competition / excellence	Dance	Tag Rugby	Basketball	TT	Striking / fielding	Dodgeball
Girls 2 (Participation)	TT	Tag Rugby	Dance	Basketball	Athletics (Olympics)	Games for Fun (i.e Capture flag)
*Sport Ed	Dodgeball	Fun Ball Games	Capture the Flag	Trampolining	Striking / fielding	Striking / fielding
Boys 1 (Performance / Leadership)	Rugby	Football	TT	Leadership	Athletics (Olympics)	Tennis
*Competition / excellence	Rugby	Football	Trampolining	Badminton	Cricket	Cricket
Boys 2 (Participation)	Football	Dodgeball	Badminton	Trampolining	Athletics (Olympics)	Striking / Fielding
*Sport Ed	Football	TT	Handball	HRE	Striking / fielding	Tennis