KS3 PE CURRICULUM: Year 7

Half Term	Week	XY HEART	XY LUNGS	XY MUSCLES
Autumn 1	31-Aug	Football 1	Netball 1	Multiskills 1
	7-Sep			
	14-Sep			
	21-Sep			
	28-Sep	Touch Rugby 1	Basketball 1	Football 1
	5-Oct			
	12-Oct			
	19-Oct	Dance 1	Football 1	Netball 1
Autumn 2	2-Nov			
	9-Nov			
	16-Nov	House Games 1- XC (Mocks 16th-26th Nov)		
	23-Nov			
	30-Nov	Fitness 1	Dance 1	Basketball 1
	7-Dec			
	14-Dec			
Spring 1	4-Jan	Basketball/Netball 1	Fitness 1	Touch Rugby 1
	11-Jan			
	18-Jan			
	25-Jan	OAA 1		
	1-Feb			
	8-Feb	(Mocks 2- 8th-26th Feb)		
Spring 2	22-Feb	Handball 1	Touch Rugby 1	Fitness 1
	1-Mar			
	8-Mar			
	15-Mar	House Games 2- Team games		
	22-Mar			
Summer 1	12-Apr			
	19-Apr	Athletics 1 (to include a 2-3 lesson carousel competition)		
	26-Apr			
	3-May			
	10-May			
	17-May			
	24-May			
Summer 2	7-Jun	Tennis 1	Rounders 1	Cricket 1
	14-Jun			
	21-Jun	Cricket 1	Tennis 1	Rounders 1
	28-Jun			
	5-Jul			
	12-Jul	Rounders 1	Cricket 1	Tennis 1
	19-Jul			