

Year 9 East

Class code	Lessons	Healthy Me (4 WEEKS)	Knowledgeable Me (4 WEEKS)	Leader Me (6 WEEKS)	Healthy Me (4 WEEKS)	House Matches (2 WEEKS)	Knowledgeable Me (4 WEEKS)	Drop down week – Alternative sports week	Leader Me (4 WEEKS)	Competitive ME (8 WEEKS)	House Matches (3 WEEKS)
9 EAST		1 st September – 25 th September	28 th September – 22 nd October	3 rd November – 18 th December <i>Includes one lesson of Santa Fun Run at the end and Park Run at the start</i>	5 th January – 29 th January	1 st February – 12 th February	22 nd February – 19 th March	22 nd March – 26 th March	12 th April – 7 th May	10 th May – 2 nd July	5 th July – 21 st July (1 week of practice)
9E/PE3	Week A TUES 5	Swimming	Netball	Fitness suite	Basketball/ badminton	Bench ball	T1 Rugby	Golf, ultimate frisbee, pickleball, Tchoukball, flag football Gaelic Football.	Trampolining	Athletics	Rounders
	A FRI 2										
	B WEDS 4										
	B FRI 2										
9E/PE2	A TUES 5	Football	Swimming	Netball	Trampolining		Basketball/ badminton		Fitness suite	Athletics	
	A FRI 2										
	B WEDS 4										
	B FRI 2										
9E/PE1 Boy heavy	A TUES 5	Netball	Football	Swimming	Fitness suite	Trampolining	Basketball/ badminton	Athletics			
	A FRI 2										
	B WEDS 4										
	B FRI 2										

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9E/PE6	A MON 1	Swimming	Netball	Fitness suite	Basketball/ badminton	Bench ball	T1 Rugby	Golf, ultimate frisbee, pickleball, Tchoukball, flag football Gaelic Football.	Trampolining	Athletics	Rounders
	A THURS 3										
	B MON 1										
	B THURS 3										
9E/PE5	A MON 1	Football	Swimming	Netball	Trampolining		Basketball/ badminton		Fitness suite	Athletics	
	A THURS 3										
	B MON 1										
	B THURS 3										
9E/PE4 Boy heavy	A MON 1	Netball	Football	Swimming	Fitness suite	Trampolining	Basketball/ badminton	Athletics			
	A THURS 3										
	B MON 1										
	B THURS 3										

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9W/PE1 Boy heavy	Week A TUES 4	Swimming	Netball	Fitness suite	Basketball/ badminton	Bench ball	T1 Rugby	Golf, ultimate frisbee, pickleball, Tchoukball, flag football Gaelic Football.	Trampolining	Athletics	Rounders
	A THURS 2										
	B TUES 3										
	B WEDS 1										
9W/PE2	A TUES 4	Football	Swimming	Netball	Trampolining		Basketball/ badminton		Fitness suite	Athletics	
	A THURS 2										
	B TUES 3										
	B WEDS 1										
9W/PE3	A TUES 4	Netball	Football	Swimming	Fitness suite	Trampolining	Basketball/ badminton	Athletics			
	A THURS 2										
	B TUES 3										
	B WEDS 1										

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9W/PE6	A WEDS 1	Netball	Netball	Swimming	Fitness suite	Bench ball	Trampolining	Golf, ultimate frisbee, pickleball, Tchoukball, flag football Gaelic Football.	Basketball/ Badminton	Athletics	Rounders
	A FRI 3										
	B TUES 2										
	B THURS 2										
9W/PE5	A WEDS 1	Football	Swimming	Netball	Trampolining		Basketball/ badminton		Fitness suite	Athletics	
	A FRI 3										
	B TUES 2										
	B THURS 2										
9W/PE4	A WEDS 1	Swimming	Football	Fitness Suite		T1 Rugby	trampolining	Athletics			
	A FRI 3										

Boy heavy	B TUES 2				Basketball / Badminton						
	B THURS 2										