

Year 7 West

Class code	Lesson	Healthy Me (4 WEEKS) 1 st September – 25 th September	Knowledgeable Me (4 WEEKS) 28 th September – 22 nd October	Leader Me (6 WEEKS) 3 rd November – 18 th December <i>Includes one lesson of Santa Fun Run at the end and Park Run at the start</i>	Healthy Me (4 WEEKS) 5 th January – 29 th January	House Matches (2 WEEKS) 1 st February – 12 th February	Knowledgeable Me (4 WEEKS) 22 nd February – 19 th March	Drop down week – Alternative sports week 22 nd March – 26 th March	Leader Me (4 WEEKS) 12 th April – 7 th May	Competitive ME (8 WEEKS) 10 th May – 2 nd July	House Matches (3 WEEKS) 5 th July – 21 st July (1 week of practice)
7W/PE1	Week A Wed 4	Swimming (water competency) Fundamental movements	Basketball/ Badminton	Football	Netball	Uni – Hoc & Bench ball	T1 Rugby	Golf, ultimate frisbee, pickleball, Tchoukball, flag football Gaelic Football.	Gymnastics	Athletics	Striking and Fielding
	A Fri 1										
	B Mon 5										
	B Fri 1										
7W/PE2	A Wed 4	Gymnastics Fundamental movements	Swimming (water competency)	Basketball/ Badminton	Netball		Football		T1 Rugby	Athletics	
	A Fri 1										
	B Mon 5										
	B Fri 1										
7W/PE3	A Wed 4	T1 Rugby Fundamental movements	Gymnastics	Swimming (water competency)	Basketball/ Badminton		Football		Netball	Athletics	
	A Fri 1										
	B Mon 5										
	B Fri 1										
7W/PE4	A Wed 4	Football Fundamental movements	T1 Rugby	Gymnastics	Swimming (water competency)	Basketball/ Badminton	Netball	Athletics			
	A Fri 1										
	B Mon 5										
	B Fri 1										
7W/PE5	A Wed 4	Football Fundamental movements	Netball	T1 Rugby	Gymnastics	Swimming (water competency)	Basketball/ Badminton	Athletics			
	A Fri 1										
	B Mon 5										
	B Fri 1										
7W/PE6	A Wed 4	Basketball/ Badminton Fundamental movements	Netball	Football	T1 Rugby	Gymnastics	Swimming (water competency)	Athletics			
	A Fri 1										
	B Mon 5										
	B Fri 1										

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7E/PE1	Week A Tues 2	Swimming (water competency) Fundamental movements	Basketball/ Badminton	Football	Netball	Uni – Hoc & Bench ball	T1 Rugby	Golf, ultimate frisbee, pickleball, Tchoukball, flag football Gaelic Football.	Gymnastics	Athletics	Striking and Fielding
	A Thurs 5										
	B Mon 4										
	B Thurs 5										
7E/PE2	A Tues 2	Gymnastics Fundamental movements	Swimming (water competency)	Basketball/ Badminton	Netball		Football		T1 Rugby	Athletics	
	A Thurs 5										
	B Mon 4										
	B Thurs 5										
7E/PE3	A Tues 2	T1 Rugby Fundamental movements	Gymnastics	Swimming (water competency)	Basketball/ Badminton		Football		Netball	Athletics	
	A Thurs 5										
	B Mon 4										
	B Thurs 5										
7E/PE4	A Tues 2	Football Fundamental movements	T1 Rugby	Gymnastics	Swimming (water competency)		Basketball/ Badminton		Netball	Athletics	
	A Thurs 5										
	B Mon 4										
	B Thurs 5										
7E/PE5	A Tues 2	Football Fundamental movements	Netball	T1 Rugby	Gymnastics	Swimming (water competency)	Basketball/ Badminton	Athletics			
	A Thurs 5										
	B Mon 4										
	B Thurs 5										
7E/PE6	A Tues 2	Basketball/ Badminton Fundamental movements	Netball	Football	T1 Rugby	Gymnastics	Swimming (water competency)	Athletics			
	A Thurs 5										
	B Mon 4										
	B Thurs 5										

