

# PE CURRICULUM MAP 2018-19 ACADEMY Y1- Y11

(SET ONE ON LESSON A FIRST, SET TWO ON LESSON B FIRST)

DATES	BOYS LESSON A	GIRLS	BOYS LESSON B	GIRLS
3 weeks 02/07- 20/07	<b>Fitness FILEDS (Cooper Run)</b>  <b>PHASE 1-3 Warm up games</b>	<b>Fitness SPORTS HALL 1/2 (M SFT, SH width)</b>	<b>Fitness GYM (circuits)</b>  <b>PHASE 1-3 Warm up games</b>	<b>Fitness SPORTS HALL 1/2 (agility, power, co- ordination, strength, flexibility and Tests)</b>
7.5wks 29/08- 19/10	<b>RUGBY (FIELD)</b>  <b>PHASE 1-3 GAMES</b>	<b>NETBALL (COURTS)</b>	<b>BASKETBALL (SPORTSHALL)</b>  <b>PHASE 1-3 GYMNASTICS Y4 SWIMMING</b>	<b>METHODS OF TRAINING (GYM/MUGA)</b>
7wks 05/11- 21/12	<b>FITNESS SAQ/METHODS OF TRAINING FIELD/MUGA</b>  <b>PHASE 1-3 GAMES</b>	<b>HOCKEY (HARD COURTS)</b>	<b>CIRCUIT TRAINING (GYM)</b>  <b>PHASE 1-3 GYMNASTICS Y4 SWIMMING</b>	<b>BADMINTON (SPORTS HALL)</b>
6 wks 07/01- 15/02	<b>NETBALL (HARD COURTS)</b>  <b>PHASE 1-3 GAMES</b>	<b>TAG RUGBY (MUGA)</b>	<b>BADMINTON/SHORT TENNIS (SPORTSHALL)</b>  <b>PHASE 1-3 YR4 SWIMMING</b>	<b>SAQ (GYM)</b>
6 wks 25/02- 05/04	<b>HANDBALL (HARD COURTS)</b>  <b>PHASE 1-3 GAMES</b>	<b>HANDBALL (HARD COURT)</b>	<b>MULTISPORTS (GYM)</b>  <b>PRIMARY GYMNASTICS PH1 YR4 SWIMMING THINKING PH2-3</b>	<b>MULTISPORTS (SPORTSHALL)</b>

5wks 23/04- 24/05	<b>ATHLETICS</b> (OUTSIDE/SPORTSHALL)  GAMES PH1-2 ATHLETIC ACTIVITIES PH3	<b>ATHLETICS</b> (OUTSIDE/GYM)	<b>CRICKET</b> (FIELD/SPORTHALL)  GYMNASTICS PH1 YR4 SWIMMING ATHLETIC ACTIVITIES PH2	<b>ROUNDERS</b> (FIELDS/GYM)
5wks 03/06- 05/07	<b>ATHLETICS(*)</b> (OUTSIDE/GYM)  GYMNASTICS PH1 ATHLETIC ACTIVITIES PH2- 3	<b>ATHLETICS</b> (OUTSIDE/SPORTSHALL)	<b>CRICKET</b> (FIELDS/MUGA/GYM)  ATHLETIC ACTIVITIES PH2- 3 GAMES PH1 YR4 SWIMMING	<b>ROUNDERS</b> (HARD COURTS)
2wks 08/07- 19/07	<b>MULTISPORTS</b>  PHASE 1-3 GAMES	<b>MULTISPORTS</b>	<b>CRICKET</b> (FIELDS/MUGA/SPORTSH ALL)  PHASE 1-3 GAMES	<b>ROUNDERS</b> (OUTSIDE/GYM)
2019	<b>Sports Day</b>	<b>25/06/2019</b>	<b>Performance Awards</b>	<b>13/06/2019</b>

Ever wonder **what** separates those that can from those that can't? Many wonder **why** it never quite happens for them, whilst there are a few **who** celebrate how often it does. We help people realise **how** good they could be. Together, we look forward and ask '**What next?**' and 'So what?', leaving others to look back and wonder 'What if?' Together, we embrace change. Together, we **never stand still.**

## what next?

Like high performance, life is a game of choices. If you already know everything you need to know, if you believe there's little room for improvement, we're probably not right for you just now. But if you think you, our team could perform even better and you're curious to learn how preparing and performing like an outstanding practitioner might help, we should get together.

WIMTBGF

**CLASHES WITH EXAMINATION LESSONS & PHASE 1-3.**

**ALL PH1-2 CLASSES USE EAST YARD FOR GAMES, PH3 USE NETBALL COURTS.**

Period	Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>		10Y/PE1DH RM.113	10Y/PE1DH ALL FACILITIES	9Y/PE1DH RM.113  JAI/PE1STM	9Y/PE1DH RM.113  JAI/PE1STM
<b>2</b>	9W/Da1JBU Dance Studio  1NRE/PE STM 1ER/PE JCO  10X/PE1BMA rm.110	9W/Da1JBU Dance Studio  10X/PE1BMA rm.123	9Y/PE1DH ALL FACILITIES  4MCB/SWIMMI NG MBR	1NRE/PE STM 1ER/PE JCO	2CB/PE DH  Y11/CORE PE STM, LSC, DH, BMA
<b>3</b>	2JP/PE STM  4MCB/PE JCO 4GH/PE BMA  10Y/PE1DH RM.113	2JP/PE BMA 2CB/PE DH  6TT/PE STM	10Z/Da1JBU Dance Studio  3CBL/PE DH 3MBR/PE STM  4GH/SWIMMING MBR		3MBR/PE MH  Y10/CORE PE STM, JCO, DH, BMA
<b>4S</b>	10Z/Da1JBU Dance Studio	BCT Y1&2 Club Sports Hall	11W/PE1DH 113 11W/PE2 STM 123  BCT Y3&4 Club Sports Hall		10Z/Da1JBU Dance Studio  Y7/CORE PE STM, JCO, DH, BMA, MH

4P		5NP/PE DH 5LM/PE STM  Reception/PE GYM	6VA/PE BMA	3CBL/PE DH  6TT/PE MH	
5		6VA/PE BMA  11W/PE1 DH 113 11W/PE2 STM 123  Reception/PE GYM	11Y/DA1 JBU DS  5NP/PE BMA 5LM/PE STM		9W/Da1 JBU Dance Studio  Y8/CORE PE STM, JCO, DH, LSC, MH
EXTRA CURRICULAR	PHASE 1- 2	PHASE 4- 5  Y5&6 Club GYM UNITY PE  BCT Y1&2 Club Sports Hall  FOOTBALL - BOYS AT VIDA - UA, AA, SS - FIXTURE  NETBALL - GIRLS AT SMCA, ALL SCHOOLS - FIXTURE  PRIMARY DANCE	PHASE 3  BCT Y3&4 Club Sports Hall  PERFORMING ARTS	PHASE 4- 5  FOOTBALL - BOYS - CLUB  NETBALL - GIRLS - CLUB  SECONDARY DANCE	GCSE BOOSTER RM.113  GIRLS FOOTBALL BCT

**Never stand still:**

**We encourage those we work with to embrace change. Since that applies to us too, we're always looking for ways to be better, to ensure we, together with our learners, always move forward.**

**Extracurricular**

<b>Clubs</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Primary Lunch		Year 1&2 multisports (BCT)	Year 3&4 multisports (BCT)		
Secondary Lunch	Badminton (BM)		Basketball (SM)	Badminton (SM)	Secondary inter-house (JC & BM)

After school		Badminton Fixtures (DH,SM,BM)	Year 3&4 multisports (BCT)	Secondary dance (JB)  All years Badminton (JC)	All years girls Football (SM & BFC)  Year 5&6 club Sports Hall (BFC)
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