

Time of year	Year 7	Year 8	Year 9	Year 10	Year 11
Autumn 1	Girls - Football & Netball Boys - Table Tennis & Trampolining	Girls - Football & Netball Boys - Table Tennis & Trampolining	Girls - Football & Netball Boys - Table Tennis & Trampolining	Core PE Mental health	
Autumn 2	Boys - Football & Rugby Girls - Orienteering & Fitness	Boys - Football & Rugby Girls - Orienteering & Fitness	Boys - Football & Rugby Girls - Orienteering & Fitness		
Spring 1	Boys - Football & Rugby Girls - Orienteering & Fitness	Boys - Football & Rugby Girls - Orienteering & Fitness	Boys - Football & Rugby Girls - Orienteering & Fitness	Core PE Mental health	
Spring 2	Boys - Fitness & Orienteering Girls - Table Tennis & Trampolining	Boys - Fitness & Orienteering Girls - Table Tennis & Trampolining	Boys - Fitness & Orienteering Girls - Table Tennis & Trampolining		
Summer 1	Boys - Fitness & Orienteering Girls - Table Tennis & Trampolining	Boys - Fitness & Orienteering Girls - Table Tennis & Trampolining	Boys - Fitness & Orienteering Girls - Table Tennis & Trampolining	Core PE Mental health	
Summer 2	Boys - Striking & Fielding, Athletics Girls - Athletics, Striking & Fielding	Boys - Striking & Fielding, Athletics Girls - Athletics, Striking & Fielding	Boys - Striking & Fielding, Athletics Girls - Athletics, Striking & Fielding		