

# Academic Year 2023-2024: Module Plan – Year 7

			Group A		Group B		Group C		Group D		
			Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2	
<b>7LYM</b> (A: 1. Mon 5 / 2. Thu 3) (B: Mon 2 / Wed 3)			TK	JVH	JVH	TK	(A) HLF (B) DJL	(A) DJL (B) HLF	HLM	HLM	
<b>7ERG</b> (A: Mon 4 / Thu 2) (B: Mon 4 / Thu 4)			TK	JVH	JVH	DJL	HLF	AFM	AFM	HLM	
Theory Topic	Module	Weeks									
Routines	Induction Block	1	Introduction and Fundamental Movement								
		1	Striking and Fielding								
		1	Atomic Tag								
	Group setting based on initial induction										
Warm ups & cool downs	Module 1	4	Rugby	Netball	Rugby	Netball	Badminton	Football	Football	Badminton	
	October Half-Term										
	Module 1 (continued)	2	Rugby	Netball	Rugby	Netball	Badminton	Football	Football	Badminton	
	Module 2	5	Football	Badminton	Badminton	Football	Netball	Rugby	Rugby	Netball	
Christmas Holidays											
Effects of Exercise	Module 3	6	Basketball	Dance	Dance	Basketball	Fitness & Health	Gymnastics	Gymnastics	Fitness & Health	
	February Half-term										
	Module 4	6	Gymnastics	Fitness & Health	Fitness & Health	Gymnastics	Dance	Basketball	Basketball	Dance	
Easter Holidays											
Muscles	Module 5	6	Striking & Fielding	Athletics	Athletics	Striking & Fielding	Athletics	Tennis	Tennis	Athletics	
	May Half-term										
	Module 6	7	Tennis	OAA	OAA	Tennis	OAA	Striking & Fielding	OAA	Striking & Fielding	
Summer Holidays											

# Academic Year 2023-2024: Module Plan – Year 8

			Group A		Group B		Group C		Group D		
			Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2	
<b>8ERG:</b> (A: Mon 1 / Tue 2) (B: Mon 1 / Tue 2)			TK	HLM	HLM	TK	JVH	JVH	HLF	HLF	
<b>8LYM:</b> (A: Thu 1 / Fri 1) (B: Tue 3 / Thu 1)			IRS	HLM	HLM	IRS	HLF	DJL	TK JVH	TK JVH	
Theory Topic	Module	Weeks									
Skeletal System	Module 1	7	Rugby	Netball	Rugby	Netball	Badminton	Rugby	Badminton	Rugby	
	October Half-term										
	Module 2	7	Badminton	Fitness & Health	Fitness & Health	Badminton	Gymnastics	Football	Football	Gymnastics	
Christmas Holidays											
Training Methods	Module 3	6	Football	Dance	Dance	Football	Netball	Basketball	Basketball	Netball	
	February Half-term										
	Module 4	6	Basketball	Gymnastics	Gymnastics	Basketball	Dance	Fitness & Health	Fitness & Health	Dance	
Easter Holidays											
Guidance and Feedback	Module 5	6	Athletics	Striking & Fielding	Striking & Fielding	Athletics	Tennis	Athletics	Athletics	Tennis	
	May Half-term										
	Module 6	7	Tennis	OAA	OAA	Tennis	OAA	Striking & Fielding	Striking & Fielding	OAA	
Summer Holidays											

# Academic Year 2023-2024: Module Plan – Year 9

Theory Topic	Module	Weeks	Group A		Group B		Group C		Group D	
			Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2
<b>9AC:</b> (A: Tue 4/Fri 3) (B: Tue 4/ Fri 4)			JVH	IRS	IRS	JVH	TK	HLF	HLF	TK
<b>9DF:</b> (A: Tue 5/ Thu 4) (B: Tue 2/ Thu 2 )			JVH	IRS	IRS	JVH	TK	HLF	HLF	TK
Components of Fitness	<b>Module 1</b>	7	Badminton	Rugby	Table Tennis	Rugby	Rugby	Badminton	Multi-games	Table Tennis
	<b>Module 2</b>	7	Netball	Table Tennis	Basketball	Football	Table Tennis	Netball	Fitness & Health	Basketball
Christmas Holidays										
Health, fitness and well-being	<b>Module 3</b>	6	Creative	Football	Badminton	Netball	Football	Creative	Netball	Badminton
	<b>Module 4</b>	6	OAA, Fitness & Health	Basketball	OAA, Fitness & Health	Creative	Basketball	OAA, Fitness & Health	Creative	OAA
February Half-term										
Easter Holidays										
Goal Setting	<b>Module 5</b>	6	Athletics	Striking and Fielding	Athletics	Tennis	Striking and Fielding	Athletics	Tennis	Athletics
	<b>Module 6</b>	7	Teacher's Choice	Tennis	Teacher's Choice	Striking and Fielding	Tennis	Teachers Choice	Striking and Fielding	Teacher's Choice
May Half-term										
Summer Holidays										
Courts		Lower Pitch	Top Pitch	Dance Studio						
Sport Hall		Old Gym	Fitness Suite	Main Hall						