

Order of Activities 2022-2023- Year 8

WEEK BG	WK					Wk 1 - Thurs 4 (8W)		Wk 2 - Tues 5 (8E)			
		1	2	3	4	1	2	1	2		
						KG	DK	KG	SC		
5th Sept	1	Introduction Lesson (8E x 2)				Introduction Lesson				Lifestyle Choices	
Set sports											
12th Sept	2	Netball Courts		Football ***	Swimming			Dance **	Football ***		
19th Sept	1	JS	KM	SC/DK	SE	Netball *	Rugby				
26th Sept	2							Dance **	Football ***		
3rd Oct	1					Netball *	Rugby				
10th Oct	2							Dance **	Football ***		
17th Oct EO 1/2 T	1	Hockey ***		Swimming	Football ***	Netball *	Rugby				
31st Oct	2	JS	KM	SE	SC/DK			Dance **	Football ***		
7th Nov	1					Netball *	Rugby				
14th Nov	2							Dance **	Football ***		
21st Nov	1	Swimming	Gym**	Rugby	Badminton *	Netball PG	Rugby				
28th Nov	2	SE	KM	SC/DK	JS			Dance (AH)	Football ***		
5th Dec	1					Netball PG	Rugby				
12th Dec EOT	2							Dance (AH)	Football ***		
Wed 4th Jan FT	1	Gym **	Swimming	Badminton *	Rugby	Netball PG	Rugby				
9th Jan	2	KM	SE	JS	SC/DK			Cross-Fit	Football ***		
16th Jan	1					Football ***	Cross-Fit				
23rd Jan	2							Cross-Fit	Handball ***		
30th Jan	1	Badminton *	Football ***	Gym **	Swimming	Football ***	Cross-Fit				
6th Feb EO 1/2 T	2	KM	SC/DK	JS	SE			Cross-Fit	Handball ***		
20th Feb	1					Football ***	Cross-Fit				
27th Feb	2							Cross-Fit	Handball ***		
6th March	1	Football ***	Badminton *	Swimming	Gym **	Football ***	Cross-Fit				
13th March	2	SC/DK	KM	SE	JS			Cross-Fit	Handball ***		
27th March EOT	1					Football ***	Cross-Fit				
Easter											
Tues 18th April FT	2	Athletics	Swimming	Athletics				Cross-Fit	Handball ***		
24th April	1	JS	SE	SC	KM	Football ***	Cross-Fit				
Tues 2nd May	2							Athletics	Handball ***		
8th May	1	Tennis	Athletics	Swimming	Rounders	Athletics	Athletics				
15th May	2	SE	JS	SC	KM			Athletics	Handball ***		
22nd May EO1/2	1					Athletics	Athletics				
5th June	2	Swimming	Tennis	Cricket				Athletics	Handball ***		
12th June	1	SE	KM	SC	JS	Athletics	Athletics				
19th June	2							Athletics	Handball ***		
Year 9 rollover Co-ed						Year 8 rollover Co-ed					

A Balanced Diet

Fitness to Improve Health & Well-Being & Methods & Principles of Training

Health & Well-Being