

Order of Activities 2023-2024 - 7X

7X

WEEK BEGINNING WK		Week 1 - Thurs - Period 4		Week 1 - Fri - Period 5		Week 2 - Tues - Period 5		Week 2 - Fri - Period 4	
		Group 1	Group 2	Group 1	Group 2	Group 1	Group 2	Group 1	Group 2
WEEK BEGINNING									
7th Sept CR	1	Intro Lesson	Intro Lesson	Hockey	Swim				
11th Sept	2					Dance	Rugby	Swim	Badminton
18th Sept	1	Netball	Football	Hockey	Swim				
25th Sept	2					Dance	Rugby	Swim	Badminton
2nd Oct	1	Netball	Football	Hockey	Swim				
9th Oct	2					Dance	Rugby	Swim	Badminton
16th Oct EOHT	1	Netball	Football	Hockey	Swim				
30th Oct	2					Dance	Rugby	Swim	Badminton
6th Nov	1	Netball	Football	Hockey	Swim				
13th Nov	2					Dance	Rugby	Swim	Badminton
20th Nov	1	Netball	Football	Hockey	Swim				
27th Nov	2					Dance	Rugby	Swim	Hockey
4th Dec	1	Netball	Football	Hockey	Swim				
11th Dec	2					Dance	Rugby	Swim	Hockey
18th Dec EOT	1	Netball	Football	Handball	Swim				
4th Jan CR	2					Dance	Rugby	Swim	Hockey
8th Jan	1	Football	Netball	Handball	Swim				
15th Jan	2					Cross-Fit	Handball	Swim	Hockey
22nd Jan	1	Football	Netball	Handball	Swim				
29th Jan	2					Cross-Fit	Handball	Swim	Hockey
5th Feb	1	Football	Netball	Handball	Swim				
12th Feb EOHT	2					Cross-Fit	Handball	Swim	Hockey
26th Feb	1	Football	Netball	Handball	Swim				
4th March	2					Cross-Fit	Handball	Swim	Hockey
11th March	1	Football	Netball	Handball	Swim				
18th March	2					Cross-Fit	Handball	Swim	Hockey
25th March EOT	1	Football	Netball	Handball	Swim				
15th April CR	2					Athletics	Handball	Swim	Athletics
22nd April	1	Athletics	Athletics	Athletics	Swim				
29th April	2					Athletics	Athletics	Swim	Athletics
7th May	1	Athletics	Athletics	Athletics	Swim				
13th May	2					Athletics	Athletics	Swim	Athletics
20th May EOHT	1	Athletics	Athletics	Athletics	Swim				
3rd June	2					Athletics	Athletics	Swim	Athletics
10th June	1	Athletics	Athletics	Athletics	Swim				
17th June	2					Athletics	Athletics	Swim	Athletics

The Value of PE

Sporting Behaviour

Personal Development

Personal Goals