

Order of Activities 2025-2026 - Year 10

WEEK BEGINNING	WK	1	SPORTS LEADERS		2
Wed 3rd Sept CR	1	Introduction Lesson			
8th Sept	2	Handball ***	Sport Leaders *		Handball ***
15th Sept	1	JS	DK	KK	SC
22nd Sept	2				
		1	2	3	4
29th Sept	1	Hockey ***		Basketball * & **	
6th Oct	2	JS	KK	SC & DK	
13th Oct	1				
20th Oct EOHT	2				
3rd Nov	1	Cross-Fit **	Volleyball *	Rugby	
10th Nov	2	KK	JS	SC	DK
17th Nov	1				
24th Nov	2				
1st Dec	1	Netball *	Basketball **	Football ***	
8th Dec	2	KK	JS	SC	DK
15th Dec EOT	1				
Tues 6th Jan CR	2				
12th Jan	1	Trampolinimg *	Badminton *	Cross Fit **	Netball CTS
19th Jan	2	SC	JS	DK	KK
26th Jan	1				
2nd Feb	2				
9th Feb EOHT	1	Rugby	Fitness/Dance **	Hockey ***	Volleyball *
23rd Feb	2	DK	JS	KK	SC
2nd March	1				
9th March	2				
16th March	1	Football ***		Trampolinimg *	Badminton *
23rd March EOT	2	KK	JS	SC	DK
Tues 14th April CR	1				
20th April	2				
27th April	1	Tennis CTS & *		Cricket ***	
Tues 5th May	2	KK	JS	SC	DK
11th May	1				
18th May EOHT	2				
1st June	1	Athletics Field Events/OAA			
8th June	2				
Tues 16th June	1				
22nd June	2				
29th June	1				
6th July	2	Cricket (Field)	Softball ***	Tennis CTS	

The mental health continuum

Creating Confidence

Worries as a Positive

Mental Health Awareness