

## Order of Activities 2025-2026 - Year 11

WEEK BG	W	1	2	3	4
Wed 3rd Sept <b>CR</b>	1	Introduction Lesson			
8th Sept	2	Netball CTS		Volleyball *	Hockey ***
15th Sept	1	JS	KK	SC	DK
22nd Sept	2				
29th Sept	1	Hockey ***		Basketball * & **	
6th Oct	2	JS	KK	SC & DK	
13th Oct	1				
20th Oct <b>EOHT</b>	2				
3rd Nov	1	Indoor Cricket *	Cross-Fit **	Rugby	
10th Nov	2	JS	KK	SC & DK	
17th Nov	1				
24th Nov	2				
1st Dec	1	Volleyball *	Handball ***	Football ***	
8th Dec	2	JS	KK	SC & DK	
15th Dec <b>EOT</b>	1				
Tues 6th Jan <b>CR</b>	2				
12th Jan	1	Trampolining *	Badminton *	Cross Fit **	Netball CTS
19th Jan	2	SC	KK	DK	JS
26th Jan	1				
2nd Feb	2				
9th Feb <b>EOHT</b>	1	Fitness/Dance **	Rugby	Trampolining *	Badminton *
23rd Feb	2	JS	DK	SC	KK
2nd March	1				
9th March	2				
16th March	1	Football ***	Basketball **	Tennis CTS & *	
23rd March <b>EOT</b>	2	SC	JS	KK	DK
Tues 14th April <b>CR</b>	1				
20th April	2	Athletics		Cricket ***	
27th April	1	JS	DK	KK	SC
Tues 5th May	2				
11th May	1	Tennis CTS & *		Athletics/American Sports ***	
18th May <b>EOHT</b>	2	JS	KK	SC	DK
1st June	1				
8th June	2				
Tues 16th June	1				
22nd June	2				
29th June	1				
6th July	2				

The mental health continuum

Healthy Habits - Sleep & Social Media

The Value of PE & Promoting Club Links

Promoting Positive Mental Health & Lifelong Participation in Sport