

Time of year	Year 7	Year 8	Year 9	Year 10	Year 11
Autumn 1	Core Games (Football, Benchball, Tag, Rugby, Rounders & Badminton)	Football/ Netball Badminton	Football/ Netball Badminton	Football Basketball Fitness Training	Football Basketball Fitness Training
Autumn 2	Football/ Netball Badminton	Fitness Training Table Tennis	Fitness Training Table Tennis	Badminton Fitness Training Football	Badminton Fitness Training Football
Spring 1	Cross Country Fitness Training	Cross Country Basketball	Cross Country Basketball	Cross Country Football Table Tennis	Football Table Tennis Fitness Training
Spring 2	Basketball Table Tennis	Handball Table Tennis	Handball Table Tennis	Fitness Training Basketball	Fitness Training Basketball
Summer 1	Athletics	Athletics	Athletics	Tennis Softball Rounders	External Examinations
Summer 2	Tennis Striking & Fielding	Tennis Striking & Fielding	Tennis Striking & Fielding		