

TERM	WEEK	YEAR 11		YEAR 10	
		Boys	Girls	Boys	Girls
TERM 1 [Autumn Half term 1]	1	Cross Country	Cross Country	Cross Country	Cross Country
	2				
	3	Fitness	Volleyball	Football	Zumba/LBT/Circuit etc
	4	Wrestling	TGFU		
	5	Rugby	Rugby	Volleyball	Rugby
	6	Football	Netball		
	7	Golf - Douglas Valley	Zumba/LBT/Circuit	Rugby	Volleyball
	8	Gym - BLGC	Football		
National Curriculum: Inter Form competitions throughout the week. Opportunities for student to					
TERM 1 [Autumn Half term 2]	1	Boxing - BLGC	Golf - Douglas Valley	Boxing	Netball
	2		Gym - BLGC		
	3		Boxing - BLGC	Wrestling	Gymnastics
	4	Mock Exam Fortnight	Mock Exam Fortnight		
	5				
	6	Off Piste Fortnight Creating awe and wonder and the love for exercise	Off Piste Fortnight Creating awe and wonder and the love for exercise	Off Piste Fortnight Creating awe and wonder and the love for exercise	Off Piste Fortnight Creating awe and wonder and the love for exercise
	7				
National Curriculum: Inter Form competitions thro					
TERM 2 [Spring Half term 1]	1	Boxing - BLGC	Boxing - BLGC	Football/Rugby	Netball
	2	Gym - BLGC	Golf - Douglas Valley		
	3	Golf - Douglas Valley	Gym - BLGC		
	4	Volleyball	Football	Fitness	Rugby/TGFU
	5	Rugby	Volleyball		
	6	Football	Netball		
National Curriculum: Inter Form competitions thro					
TERM 2 [Spring Half term 2]	1	Orienteering	Badminton	Volleyball	Dance/Orienteering
	2		Fitness		
	3				
	4	Off Piste Fortnight Creating awe and wonder and the love for exercise	Off Piste Fortnight Creating awe and wonder and the love for exercise	Off Piste Fortnight Creating awe and wonder and the love for exercise	Off Piste Fortnight Creating awe and wonder and the love for exercise
	5				
National Curriculum: Inter Form competitions thro					
TERM 3 [Summer half term 1]	1	Rounders	Softball	Athletics	Dance
	2				
	3				
	4	Cricket	Rounders	Cricket	Rounders
	5				
	6	Exams	Exams		
	7				
National Curriculum: Inter Form competitions thro					
TERM 3 [Summer half term 2]	1	Exams	Exams	Rounders	Softball
	2				
	3				
	4			Softball	Cricket
	5				
	6			Off Piste Fortnight Creating awe and wonder and the love for exercise	Off Piste Fortnight Creating awe and wonder and the love for exercise
	7				
National Curriculum: Inter Form competitions thro					
Sports Day: Opportunity to develop and improve the					

YEAR 9		YEAR 8		YEAR 7	
Boys	Girls	Boys	Girls	Boys	Girls
Cross Country	Cross Country	Cross Country	Cross Country	Cross Country	Cross Country
Volleyball	Dance - Arts Mark Bronze Award	Rugby	Netball	Baseline	
Rugby	Rugby	Basketball	Football		
	Gymnastics			T&FU	T&FU

take part in further competitive sports and activities. As can be seen across the full timetable net/wall, invasion, dance, gymnastics and strike and fielding activities are included.

Fitness	Volleyball	Volleyball	Dance	Rugby	Gymnastics
Enrichment activities run throughout the Year 9 curriculum. Health based areas include D of E, Cadets and Sports Leaders		Fitness	Volleyball	Fitness	Dance
					Netball
Off Piste Fortnight Creating awe and wonder and the love for exercise	Off Piste Fortnight Creating awe and wonder and the love for exercise	Off Piste Fortnight Creating awe and wonder and the love for exercise	Off Piste Fortnight Creating awe and wonder and the love for exercise	Off Piste Fortnight Creating awe and wonder and the love for exercise	Off Piste Fortnight Creating awe and wonder and the love for exercise

ughout the week. Opportunities for student to take part in further competitive sports and activities

Football	Dance	Football	Badminton	Dance	Rugby
Basketball	T&FU	Rugby	Volleyball	Football	Badminton

ughout the week. Opportunities for student to take part in further competitive sports and activities.

Volleyball	Volleyball	Volleyball/Fitness	T&FU/Fitness	Volleyball/Badminton	Volleyball/T&FU
Off Piste Fortnight Creating awe and wonder and the love for exercise	Off Piste Fortnight Creating awe and wonder and the love for exercise	Off Piste Fortnight Creating awe and wonder and the love for exercise	Off Piste Fortnight Creating awe and wonder and the love for exercise	Off Piste Fortnight Creating awe and wonder and the love for exercise	Off Piste Fortnight Creating awe and wonder and the love for exercise

ughout the week. Opportunities for student to take part in further competitive sports and activities.

Softball	Dance	Athletics	Athletics	Athletics	Athletics
Athletics	Athletics	Cricket	Rounders	Cricket	Rounders

ughout the week. Opportunities for student to take part in further competitive sports and activities.

Cricket	Rounders	Rounders	Softball	Rounders	Softball
Rounders	Cricket	Softball	Cricket	Softball	Cricket
Off Piste Fortnight Creating awe and wonder and the love for exercise	Off Piste Fortnight Creating awe and wonder and the love for exercise	Off Piste Fortnight Creating awe and wonder and the love for exercise	Off Piste Fortnight Creating awe and wonder and the love for exercise	Off Piste Fortnight Creating awe and wonder and the love for exercise	Off Piste Fortnight Creating awe and wonder and the love for exercise

ughout the week. Opportunities for student to take part in further competitive sports and activities.

ir performance in Athletic based activities. Sports Day event hosted in external provider to enhance cultural capital. Opportunity for our students to overcome direct competition in individual and team events

In 2019/2020 we received more time in the PE curriculum - 3 times across 2 weeks other than in Year 9 (once per week with an enrichment lesson included). For this reason we decided to cover 3 different sports across the 2 weeks to ensure students were exposed to a vast range of sports. We did this for the first term. As PE teachers we evaluated the success of teaching in this way. The vast majority of staff felt that it had not worked. Students were not being exposed to enough consistency across one sport and new teachers were not able to master the teaching of any one particular sport. We decided to change what we would do for the second half term. Our initial plans were to cover one sport per group for the next term i.e. 9 hours of Dance. However, we were unable to timetable the pathways due to timetable constraints, group sizes, teachers specialisms and the non specialist teachers who teach this subject. We settled for studying 2 sports across the 2 weeks. The timetable shows that unfortunately there are some inconsistencies about what certain students are exposed to etc but this issues are unavoidable this year and we know what changes need to take place next year.

TERM	WEEK	YEAR 11				YEAR 10				YEAR 9				YEAR 8				YEAR 7					
		Boys		Girls		Boys		Girls		Boys		Girls		Boys		Girls		Boys		Girls			
Example s of sports to be covered	1	Football	Rugby	Netball	Trampoline	Football	Rugby	Dance	Trampoline	Football	Rugby	Netball	Trampoline	Football	Rugby	Dance	Trampoline	Football	Rugby	Netball	Trampoline		
	2																						
	3																						
	4																						
	5																						
	6																						
	7																						
	8	Taster Week 1: Final week of half term. Taste testing from around the world.																					
	9	National Curriculum: Inter Form competitions throughout the week. Opportunities for student to take part in further competitive sports and activities. As can be seen across the full timetable net/wall, invasion, dance, gymnastics and strike and fielding activities are included as are a range of dishes in Food lessons.																					
Example s of sports to be covered	1	Basketball	Rugby	Fitness	Trampoline	Basketball	Rugby	Netball	Trampoline	Basketball	Rugby	Dance	Trampoline	Basketball	Rugby	Netball	Trampoline	Basketball	Rugby	Dance	Trampoline		
	2																						
	3																						
	4																						
	5																						
	6																						
	7																						
	8	Taster Week 2: Final week of half term. Taste testing from around the world.																					
	9	National Curriculum: Inter House competitions throughout the week. Opportunities for student to take part in further competitive sports and activities																					
Example s of sports to be covered	1	Hockey	Trampoline	Rugby	Basketball	Hockey	Trampoline	Rugby	Basketball	Hockey	Trampoline	Rugby	Basketball	Hockey	Trampoline	Rugby	Basketball	Hockey	Trampoline	Rugby	Basketball		
	2																						
	3																						
	4																						
	5																						
	6																						
	7																						
	8	Taster Week 3: Final week of half term. Taste testing from around the world.																					
	9	National Curriculum: Inter House competitions throughout the week. Opportunities for student to take part in further competitive sports and activities.																					
Example s of sports to be covered	1	Fitness	Trampoline	Hockey	Basketball	Fitness	Trampoline	Hockey	Basketball	Fitness	Trampoline	Hockey	Basketball	Fitness	Trampoline	Hockey	Basketball	Fitness	Trampoline	Hockey	Basketball		
	2																						
	3																						
	4																						
	5																						
	6																						
	7																						
	8	Taster Week 4: Final week of half term. Taste testing from around the world.																					
	9	National Curriculum: Inter House competitions throughout the week. Opportunities for student to take part in further competitive sports and activities.																					
Example s of sports to be covered	1	Cricket	Rounders	Athletics	Cricket	Athletics	Rounders	Athletics	Cricket	Athletics	Rounders	Athletics	Cricket	Athletics	Rounders	Athletics	Cricket	Athletics	Cricket	Athletics	Rounders		
	2																						
	3																						
	4																						
	5																						
	6																						
	7																						
	8	Taster Week 5: Final week of half term. Taste testing from around the world.																					
	9	National Curriculum: Inter House competitions throughout the week. Opportunities for student to take part in further competitive sports and activities.																					
Example s of sports to be covered	1	Exams	Exams	Rounders	Athletics	Cricket	Athletics	Rounders	Athletics	Cricket	Athletics	Rounders	Athletics	Cricket	Athletics	Rounders	Athletics	Cricket	Athletics	Rounders	Athletics		
	2																						
	3																						
	4																						
	5																						
	6																						
	7																						
	8	Taster Week 6: Final week of half term. Taste testing from around the world.																					
	9	National Curriculum: Inter Form competitions throughout the week. Opportunities for student to take part in further competitive sports and activities.																					
		Sports Day: Opportunity to develop and improve their performance in Athletic based activities. Sports Day event hosted in external provider to enhance cultural capital. Opportunity for our students to overcome direct competition in individual and team events																					

In 2020/2021, issues arose with the PE core timetable due to covid. In school we decided to return to a simplified core PE curriculum with mastery of skill in the forefront of our mind. Students studied less activities. In 2021-2022 timetabling issues are not as great and we have specialist staff throughout the curriculum - this means we can reintroduce the teaching of 9 different sports across a year.

TERM	WEEK	YEAR 11	YEAR 12
TERM 1 [Autumn Half term 1]	1	Health and safety of skills/knife skills	Recap Health and safety of skills/knife skills
	2		
	3		
	4		
	5		
	6		
	7		
Examples of Foods/topics to be covered		National Curriculum: Inter House competitions throughout the week in the gymnasium	
TERM 1 [Autumn Half term 2]	1	Dough and toppings	Dough and toppings
	2		
	3		
	4		
	5	Off Piste Fortnight Creating awe and wonder and the love for health	Off Piste Fortnight Creating awe and wonder and the love for health
	6		
	7		
	8		
Examples of Foods/topics to be covered		National Curriculum: Inter House competitions throughout the week in the gymnasium	
TERM 2 [Spring Half term 1]	1	Pasta with sauce/meat accompaniment	Pasta with sauce/meat accompaniment
	2		
	3		
	4		
	5		
	6		
Examples of Foods/topics to be covered		National Curriculum: Inter House competitions throughout the week in the gymnasium	
TERM 2 [Spring Half term 2]	1	Cross curricular links	Cross curricular links
	2		

<p>Examples of Foods/topics to be covered</p>	TERM 2 [Spring Half term]		3		
			4		
			5	Off Piste Fortnight Creating awe and wonder and the love for health	Off Piste Fortnight Cr and the lov
			6		
				National Curriculum: Inter House c	
<p>TERM 3 [Summer half term 1]</p>			1	Specialised Diet	Speciali
			2		
			3		
			4		
			5		
			6	Exams	Exams
<p>Examples of Foods/topics to be covered</p>				National Curriculum: Inter House c	
<p>Examples of Foods/topics to be covered</p>	TERM 3 [Summer half term 2]		1		Ethics
			2		
			3		
			4		
			5		
			6	Exams	Exams
			7		Off Piste Fortnight Cr and the lov
			National Curriculum: Inter Form c		

YEAR 10	YEAR 9		YEAR 8
<p>Recap knife skills</p>	<p>Health and safety Development</p>		<p>Skill Health and Refresh</p>
<p>Taster Week 1: Final week of half term. Taste testing from around the world.</p>			
<p>Opportunities for student to take part in further competitive sports and activities. As c... stics and strike and fielding ctivities are included as are a range of dishes in Food lessons.</p>			
<p>d toppings</p>	<p>Dough Development</p>		<p>Emulification Cream</p>
<p>reating awe and wonder e for health</p>	<p>Off Piste Fortnight Creating awe and wonder and the love for health</p>		<p>Off Piste Fortnight wonder and the l</p>
<p>Taster Week 2: Final week of half term. Taste testing from around the world.</p>			
<p>competitions throughout the week. Opportunities for student to take part in further comp</p>			
<p>eat accompaniment</p>	<p>Pasta intermediate</p>	<p>Accompaniments</p>	<p>Pasta Challenge Accompa</p>
<p>Taster Week 3: Final week of half term. Taste testing from around the world.</p>			
<p>competitions throughout the week. Opportunities for student to take part in further comp</p>			
<p>icular links</p>	<p>Cross curricular links</p>		<p>Cross curric</p>

Creating awe and wonder for health	Off Piste Fortnight Creating awe and wonder and the love for health	Off Piste Fortnight wonder and the

Taster Week 4: Final week of half term. Taste testing from around the world.

competitions throughout the week. Opportunities for student to take part in further comp

Specialised Diet	Specialised Diet - Complex dishes	Specialise
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Taster Week 5: Final week of half term. Taste testing from around the world.

competitions throughout the week. Opportunities for student to take part in further comp

Ethics in Food	Ethics in Food	Ethics in
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Creating awe and wonder for health	Off Piste Fortnight Creating awe and wonder and the love for health	Off Piste Fortnight wonder and the
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Taster Week 5: Final week of half term. Taste testing from around the world.

competitions throughout the week. Opportunities for student to take part in further comp

R 8	YEAR 7	
Health and safety skills	Health and safety skills Knife skills safety	Basic Oven/hob
can be seen across the full timetable net/wall, invasion, dance,		
Aeration		
Aeration	Creaming Method International foods dough	Basic
Creating awe and love for health	Off Piste Fortnight Creating awe and wonder and the love for health	
Competitive sports and activities		
e/Fresh pasta niments	Nutrition Basic pasta	Budget
Competitive sports and activities.		
Curricular links	Specialised Diets curricular	Cross

2021-2022 is a new time within the Health Faculty. Food is becoming a core subject across the school with each student having the opportunity to learn to cook and develop new skills. Some

Creating awe and love for health	Off Piste Fortnight Creating awe and wonder and the love for health
Competitive sports and activities.	
ed Diets	Specialised Diet Sustainability Food miles
Competitive sports and activities.	
n Food	Sustainability garden Kitchen Fair trade
Creating awe and love for health	Off Piste Fortnight Creating awe and wonder and the love for health
Competitive sports and activities.	

students in upper school have not been exposed to a kitchen since Year 8 - hence the fact that the upper school years will be following the same curriculum for the next year.