

Year Group	Activities Girls	Activities Boys
Year 7	Netball (courts) Rugby (3G) Hockey (3G) Swim (Stroke technique) Badminton (SH) Gym / Dance	Rugby Cycling Football (3G) Swim (Stroke technique) Badminton (SH) Basketball (Gym)
Year 8	Netball (courts) Rugby (3G) Football (3G) Swim (Stroke technique) Badminton (SH) Basketball (Gym)	Rugby Cycling Handball (3G) Swim (Stroke technique) Badminton (SH) Volleyball (Gym)
Year 9	Netball (courts) Rugby (3G) Cycling Swim (Stroke technique) Volleyball/Badminton (SH) Trampolining (Gym)	Rugby Cycling Handball (3G) Swim (Stroke technique) Volleyball/Badminton (SH) Trampolining (Gym)
Year 10	Netball (courts) Rugby (3G) Hockey Swim (Stroke technique) Badminton (SH) Trampolining (Gym)	Rugby Cycling Football/Handball (3G) Swim (Stroke technique) Badminton (SH) Trampolining / Volleyball (Gym)
Year 11	Netball (courts) Rugby (3G) Hockey Swim (Stroke technique) Badminton (SH) Trampolining (Gym)	Rugby Cycling Football (3G) Swim (Stroke technique) Badminton (SH) Trampolining / Volleyball (Gym)

Year 7	Block 1		Block 2		Block 3		Block 4	
	5 th Sept – 21 st Oct 2016		31 st Oct – 20 th Dec 2016		2 nd Jan – 10 th February 2017		20 th Feb – 31 st March 2017	
	1	2	1	2	1	2	1	2
71	3G	Swim	3G	Gym	3G	SH	3G	Swim
72	Swim	Courts	SH	3G	Gym	3G	Swim	FS
73	3G	SH	3G	Swim	3G	Swim	3G	SH
74	SH	3G	Swim	Courts	FS	3G	SH	3G
75	3G	FS	Gym	SH	Swim	3G	FS	Gym

Year 7	Block 1		Block 2		Block 3		Block 4	
	5 th Sept – 21 st Oct 2016		31 st Oct – 20 th Dec 2016		2 nd Jan – 10 th February 2017		20 th Feb – 31 st March 2017	
	1	2 (with 10s)	1	2 (with 10s)	1	2 (with 10s)	1	2 (with 10s)
76	3G	Swim	Gym	SH	FS	Courts	3G	SH
77	Swim	3G	FS	3G	3G	3G	SH	3G
78	Courts	FS	3G	Swim	Gym	SH	3G	Swim
79	SH	3G	Swim	Gym	SH	FS	Swim	3G
711	FS	3G	SH	3G	Swim	3G	FS	Gym

Year 8	Block 1		Block 2		Block 3		Block 4	
	5 th Sept – 21 st Oct 2016		31 st Oct – 20 th Dec 2016		2 nd Jan – 10 th February 2017		20 th Feb – 31 st March 2017	
	1	2 (with GCSE)	1	2 (with GCSE)	1	2 (with GCSE)	1	2 (with GCSE)
81	Swim	3G	FS	SH	3G	Swim	3G	SH
82	SH	Swim	Gym	3G	FS	Courts	SH	Swim
83	Gym	3G	Swim	3G	SH	3G	FS	3G
84	3G	SH	3G	Swim	Gym	SH	Swim	Courts
85	FS	3G	SH	3G	Swim	3G	Gym	3G

Year 8	Block 1		Block 2		Block 3		Block 4	
	5 th Sept – 21 st Oct 2016		31 st Oct – 20 th Dec 2016		2 nd Jan – 10 th February 2017		20 th Feb – 31 st March 2017	
	1 (with JCL BTEC)	2	1 (with JCL BTEC)	2	1 (with JCL BTEC)	2	1 (with JCL BTEC)	2
86	3G	Swim	3G	SH	3G	Swim	Gym	SH
87	Swim	3G	SH	Gym	Swim	3G	SH	3G
88	3G	SH	FS	Swim	Gym	SH	3G	Swim
89	SH	3G	Swim	FS	3G	FS	Swim	3G

Year 9	Block 1		Block 2		Block 3		Block 4	
	5 th Sept – 21 st Oct 2016		31 st Oct – 20 th Dec 2016		2 nd Jan – 10 th February 2017		20 th Feb – 31 st March 2017	
	1 (with 10s)	2	1 (with 10s)	2	1 (with 10s)	2	1 (with 10s)	2
91	Swim	3G	SH	3G	FS	3G	SH	3G
92	3G	SH	Gym	Swim	3G	SH	3G	Gym
93	FS	3G	Swim	3G	SH	3G	Gym	3G
94	3G	FS	3G	SH	3G	FS	3G	Swim

Year 9	Block 1		Block 2		Block 3		Block 4	
	5 th Sept – 21 st Oct 2016		31 st Oct – 20 th Dec 2016		2 nd Jan – 10 th February 2017		20 th Feb – 31 st March 2017	
	1 (with REL GCSE)	2	1 (with REL GCSE)	2	1 (with REL GCSE)	2	1 (with REL GCSE)	2
95	3G	Swim	3G	SH	3G	FS	Swim	Gym
96	SH	3G	Swim	3G	FS	Swim	SH	3G
97	3G	SH	Gym	Swim	3G	Gym	3G	FS
98	Gym	3G	SH	FS	Swim	3G	Gym	3G
99	FS	Gym	3G	3G	SH	Swim	3G	SH

Year 10	Block 1		Block 2		Block 3		Block 4	
	5 th Sept – 21 st Oct 2016		31 st Oct – 20 th Dec 2016		2 nd Jan – 10 th February 2017		20 th Feb – 31 st March 2017	
	1	2	1	2	1	2	1	2
101	Swim	3G	Gym	Fitness	FS	3G	SH	3G
102	3G	Swim	Fitness	SH	3G	Gym	Courts	FS
103	Gym	3G	Swim	Fitness	SH	3G	FS	Field
104	Courts	Gym	Fitness	Swim	3G	FS	3G	SH
105	SH	3G	FS	Fitness	Swim	Field	Gym	3G
106	3G	SH	Fitness	FS	Courts	SH	3G	Swim
107	FS	Field	SH	Fitness	Gym	3G	Swim	3G
108	3G	FS	Fitness	Gym	3G	SH	3G	Swim

Year 10	Block 1		Block 2		Block 3		Block 4	
	5 th Sept – 21 st Oct 2016		31 st Oct – 20 th Dec 2016		2 nd Jan – 10 th February 2017		20 th Feb – 31 st March 2017	
	1 (with 7s)	2 (with 9s)	1 (with 7s)	2 (with 9s)	1 (with 7s)	2 (with 9s)	1 (with 7s)	2 (with 9s)
109	Gym	Swim	FS	3G	Gym	Swim	FS	3G
1010	SH	Gym	3G	FS	Swim	Gym	3G	SH

Year 11	Block 1		Block 2		Block 3		Block 4	
	5 th Sept – 21 st Oct 2016		31 st Oct – 20 th Dec 2016		2 nd Jan – 10 th February 2017		20 th Feb – 31 st March 2017	
	1	2	1	2	1	2	1	2
111	3G	S/H	F/S	Swim	Gym	3G		
112	S/H	3G	Swim	3G	S/H	F/S		
113	3G	Swim	3G	S/H	F/S	Gym		
114	F/S	3G	SH	F/S	3G	Swim		
115	Swim	F/S	3G	Gym	Swim	S/H		

Year 11	Block 1		Block 2		Block 3		Block 4	
	5 th Sept – 21 st Oct 2016		31 st Oct – 20 th Dec 2016		2 nd Jan – 10 th February 2017		20 th Feb – 31 st March 2017	
	1	2	1	2	1	2	1	2
116	S/H	3G	Swim/Gym	Gym	SH	Gym		
117	3G	Swim	SH	FS	Gym	3G		
118	Gym	3G	FS	SH	3G	SH		
119	3G	SH	3G	Swim	FS	3G		

Option	Practical Lesson	Facility
SMA / JCL GCSE	Mon P2	All facilities available
JRA GCSE 113	Mon P3	All facilities available
KTH 93 GCSE	Mon P4	All facilities available
SMA 9 BTEC	Mon P5	All facilities available
REL 11 2 GCSE	Tues P5	Block 1: Pool Block 2: Fitness Block 3: Gym Block 4: Fitness
JRA 111 GCSE	Wed P2	Block 1: Gym Block 2: Fitness Block 3: Gym Block 4: Fitness
TTE 111 GCSE	Wed P2	Block 1: Fitness Block 2: Gym Block 3: Fitness Block 4: Gym
REL 10 BTEC	Wed P3	All facilities available
JCL 9 BTEC	Thurs P2	Block 1: Fitness Block 2: Gym Block 3: Sports Hall

		Block 4: Fitness
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