



# P.E. - GIRLS



LOWER SCHOOL

# LEARNING JOURNEY

## STUDENT DEVELOPMENT:

Student development and understanding will be regularly monitored through a range of quizzes, mini tests and assessment for learning strategies. Two formal assessment points each year will test students on all the content covered to date.

Creating a community of choices & chances

YEAR 9

**HALF TERM 1  
AUTUMN 1**

- Netball
- Dance
- Badminton

**HALF TERM 2  
AUTUMN 2**

- Cross Country
- Netball • Dance
- Tag Rugby

**HALF TERM 3  
SPRING 1**

- HRF
- Football
- Handball

**HALF TERM 4  
SPRING 2**

- HRF
- Football
- Handball

**HALF TERM 5  
SUMMER 1**

- Athletics
- Rounders

**HALF TERM 6  
SUMMER 2**

- Athletics
- Rounders

SUMMER BREAK

**HALF TERM 6  
SUMMER 2**

- Athletics
- Rounders

**HALF TERM 5  
SUMMER 1**

- Athletics
- Rounders

**HALF TERM 4  
SPRING 2**

- Leadership
- HRF
- Handball

**HALF TERM 3  
SPRING 1**

- Leadership
- HRF
- Handball

**HALF TERM 2  
AUTUMN 2**

- Cross Country
- Dance • Tag Rugby • Netball

**HALF TERM 1  
AUTUMN 1**

- Netball
- Dance
- Badminton

YEAR 8

YEAR 7

**HALF TERM 1  
AUTUMN 1**

- Transition
- Netball
- Dance

**HALF TERM 2  
AUTUMN 2**

- Cross Country
- Dance
- Netball

**HALF TERM 3  
SPRING 1**

- Leadership
- Football
- HRF

**HALF TERM 4  
SPRING 2**

- Leadership
- Football
- HRF

**HALF TERM 5  
SUMMER 1**

- Athletics
- Rounders

**HALF TERM 6  
SUMMER 2**

- Athletics
- Rounders



# P.E. - GIRLS



## LEARNING

## JOURNEY

### STUDENT DEVELOPMENT:

Student development and understanding will be regularly monitored through a range of quizzes, mini tests and assessment for learning strategies. Two formal assessment points each year will test students on all the content covered to date.

Creating a community of choices & chances

**HALF TERM 3  
SPRING 1**

- Yoga and Relaxation (exam fit)
- Aerobics • Trampolineing
- Boxercise • Lacrosse • Rugby
- Football • HRF

**HALF TERM 4  
SPRING 2**

- Yoga and Relaxation (exam fit)
- Aerobics • Trampolineing
- Boxercise • Lacrosse • Rugby
- Football • HRF

**HALF TERM 5  
SUMMER 1**

- Yoga and Relaxation (exam fit)
- Football • HRF • Rounders
- Cricket • Softball • Athletics
- Short Tennis

**HALF TERM 6  
SUMMER 2**

- Yoga and Relaxation (exam fit)
- Football • HRF • Rounders
- Cricket • Softball • Athletics
- Short Tennis



**HALF TERM 2  
AUTUMN 2**

- Trampolineing • Zumba • Netball
- Football • Basketball • HRF
- Badminton • Table Tennis

**HALF TERM 1  
AUTUMN 1**

- Trampolineing • Zumba • Netball
- Football • Basketball • HRF
- Badminton • Table Tennis



**HALF TERM 6  
SUMMER 2**

- Rounders • Cricket
- Softball • Athletics
- Short Tennis

**HALF TERM 5  
SUMMER 1**

- Rounders • Cricket
- Softball • Athletics
- Short Tennis



**HALF TERM 1  
AUTUMN 1**

- Trampolineing • Yoga • Netball
- Football • Basketball
- HRF • Badminton

**HALF TERM 2  
AUTUMN 2**

- Cross Country • Trampolineing
- Yoga • Netball • Football
- Basketball • HRF • Badminton

**HALF TERM 3  
SPRING 1**

- Trampolineing • Table Tennis
- Boxercise • Lacrosse • Zumba
- Football • Rugby • Handball

**HALF TERM 4  
SPRING 2**

- Trampolineing • Table Tennis
- Boxercise • Lacrosse • Zumba
- Football • Rugby • Handball