

PE - Key Stage 3 Group Activity Programme

	Set 1 Boys	Set 2 Boys	Set 3 Boys	Set 1 Girls	Set 2 Girls	Set 3 Girls (3 Mix)
Week 1 – Baselines Fitness Testing (Year 7 – also Week 2)						
Term 1 – (5 ½ weeks) (+ 1 week)						
Term 1 (7)	Trampolining	Badminton	Football	Netball	Hockey	Fitness
Term 2 (6 weeks)						
Term 2 (8)	Rugby	Football	Fitness	Badminton	Trampolining	Hockey
Monday 17th December – Friday 21st December – Christmas Sports Activities (1 week)						
Term 3 (6 weeks)						
Term 3 (6)	Badminton	Trampolining & Fitness	Hockey	Rugby (Hornets)	Netball	Fitness & Trampolining
Term 4 (6 weeks)						
Term 4 (6)	Football	Rugby	Badminton (½ unit) Fitness (½ unit)	Trampolining	Fitness (½ Unit) Badminton (½ unit)	Netball
Term 5 (5 weeks) Term 6 Y (7 weeks)						
Summer	Athletics	Athletics	Athletics	Rounders	Rugby (Hornets)	Rounders
	Netball then Rounders	Rounders	Rounders	Athletics	Rugby (Hornets)	Athletics

3M Groups will follow the 3G Curriculum