

SPORTS PROGRAMME – YEARS 7, 8 & 9

Dates	Boys Double Lesson (NB Y7 PED have a split double - Wednesday P1 & Friday P3)	Year 7 Boys Single Lesson	Girls Double Lesson (NB Y7 PED have a split double – Wednesday P1 & Friday P3)	Year 7 Girls Single Lesson	Mixed Double Lesson	Year 7 Mixed Single Lesson
Wednesday 4 th September – Friday 4 th October – 4 ½ weeks	Football	Swim & Multi-Sports	Netball	Health Related Fitness & Swim	Badminton	Multi-Sports & Swim
Monday 7 th October – Friday 25 th October – 3 weeks	Gymnastics		Hockey		Health Related Fitness	
<i>October Half Term</i>	1/2 TERM		1/2 TERM		1/2 TERM	
Monday 4 th November – Friday 22 nd November – 3 weeks	Hockey		Basketball		Table Tennis	
Monday 25 th November – Friday 20 th December – 4 weeks	Basketball		Swimming		Dodgeball	
<i>Christmas Holidays</i>	Christmas					
Tuesday 7 th January - Friday 14 th February – 6 weeks	Rugby	Hockey	Badminton & Health Related Fitness	Gymnastics	Gymnastics	Multi-Sports
<i>February Half Term</i>	1/2 TERM		1/2 TERM		1/2 TERM	
Monday 24 th February – Friday 3 rd April – 6 weeks	First 2 weeks Water Polo Final 4 weeks Cricket	HRF	First 4 weeks Rugby Final 2 weeks Water Polo	Hockey	First 4 weeks Water Polo Final 2 weeks Multi-Sports	
<i>Easter Holidays</i>	Easter					
Tuesday 21 st April - Friday 22 nd May – 5 weeks	Athletics	Multi-Sports	Athletics	Rounders	Athletics	T-Ball
<i>May Half Term</i>	1/2 TERM		1/2 TERM		1/2 TERM	
Monday 1 st June - Friday 19 th June – 3 weeks	Softball		Rounders/Softball		Rounders/Softball	
Monday 22 nd June – Friday 17 th July – 4 weeks	Swimming		Summer options		Summer options	

Students will also have the opportunity to take part in dodgeball, tchoukball, handball, volleyball & table tennis lessons during the year.

Students will be taught by all the qualified PE members of staff at SSHS during the year.