

Year 7 L and T Band 2022/23

Half Term 1: 5 th September – 21 st October (7 weeks)							Holiday	Half Term 2	
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7		Week 8	Week 9 (No Sports Hall)
Standards Warm ups/ effects of exercise.	PE1 Football PE2 Handball PE3 Badminton PE4 Gymnastics				PE1 Badminton PE2 Dance PE3 Netball PE4 Football			PE1 Badminton/ OAA week 9 no SH PE2 Dance PE3 Netball PE4 Football	
Half Term 2: 31 st October – 16 th December (7 weeks)					Holiday	Holiday	Half Term 3: 3 rd January - 10 th February (6 weeks)		
Week 10 (No Sports Hall)	Week 11	Week 12	Week 13	Week 14			Week 15	Week 16	Week 17 (No Sports Hall)
No SH week 10 PE1 Handball PE 2 Football PE3 Gymnastics PE4 Badminton / OAA week 10				PE1 Dance PE2 Badminton/ OAA week 17/18 PE3 Football PE4 Netball					
Half Term 3: 3 rd January - 10 th February (6 weeks)			Holiday	Half Term 4: 20 th February – 31 st March (6 weeks)					
Week 18 (No Sports Hall)	Week 19	Week 20		Week 21	Week 22	Week 23	Week 24	Week 25 (No Sports Hall)	Week 26 (No Sports Hall)
PE1 Dance PE2 Badminton/ OAA week 17/18 PE3 Football PE4 Netball	PE1 Fitness PE2 Rugby PE3 Fitness PE4 Dance			PE1 Fitness PE2 Rugby PE3 Fitness PE4 Dance		No SH week 25/26 PE1 Rugby PE2 Fitness PE3 Dance PE4 Fitness			
Holiday	Holiday	Half Term 5: 17 th April – 26 th May (6 weeks)					Holiday	Half Term 6	
		Week 27	Week 28	Week 29	Week 30	Week 31		Week 32	Week 33
		PE1 Athletics PE2 Athletics PE3 Rounders PE4 Rounders				PE1 Cricket PE2 Cricket PE3 Athletics PE4 Athletics		PE1 Cricket PE2 Cricket PE3 Athletics PE4 Athletics	
Half Term 6: 5 th June – 21 st July (7 weeks)						Curriculum Intent:			
Week 34	Week 35 (No Sports Hall)	Week 36 (No Sports Hall)	Week 37	Week 38	Week 39				
PE1 Cricket PE2 Cricket PE3 Athletics PE4 Athletics	No SH week 35/36 PE1 Softball PE2 Softball PE3 Cricket PE4 Cricket								