

Year 8 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 Basketball PE2 Gymnastics PE3 Netball PE4 Football				PE1 Football PE2 Hockey PE3 Basketball PE4 Dance			PE1 Football PE2 Hockey PE3 Basketball/ OAA week 9 PE4 Dance		
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 Gymnastics PE 2 Basketball/ OAA week 10 PE3 Football PE4 Netball							PE1 Hockey PE2 Football PE3 Dance PE4 Basketball/ OAA week 17 and 18			
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 Hockey PE2 Football PE3 Dance PE4 Basketball/ OAA week 17 and 18	PE 1 Fitness PE2 Fitness PE3 Rugby PE4 Rugby			PE 1 Fitness PE2 Fitness PE3 Rugby PE4 Rugby		No SH week 25/26 PE1 Rugby PE2 Rugby PE3 Fitness PE3 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									