

# Year 9 L and T Band 2022/23



Half Term 1: 5 <sup>th</sup> September – 21 <sup>st</sup> 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 Fitness				PE1 Badminton PE2 Fitness PE3 Netball PE4 Handball		Holiday	PE1 Badminton/ PE2 Fitness PE3 Netball PE4 Handball		
Half Term 2: 31 <sup>st</sup> October – 16 <sup>th</sup> December (7 weeks)								Half Term 3: 3 <sup>rd</sup> January - 10 <sup>th</sup> February (6 weeks)		
Week 10 (No Sports Hall)	Week 11	Week 12	Week 13	Week 14	Holiday	Holiday	Week 15	Week 16	Week 17 (No Sports Hall)	
No SH week 10 PE1 Handball PE 2 Football PE3 Fitness PE4 Badminton / Table Tennis week 10							PE1 Fitness PE2 Badminton/ PE3 Handball PE4 Netball			
Half Term 3: 3 <sup>rd</sup> January - 10 <sup>th</sup> February (6 weeks)				Holiday	Half Term 4: 20 <sup>th</sup> February – 31 <sup>st</sup> 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 Fitness PE2 Badminton/ PE3 Handball PE4 Netball	PE1 Hockey PE2 Rugby PE3 Basketball PE4 Dance		Holiday	PE1 Hockey PE2 Rugby PE3 Basketball PE4 Dance	PE1 Rugby PE2 Hockey PE3 Dance PE4 Basketball			Components of fitness and Injuries Indoor/outdoor fitness		
Holiday	Holiday	Half Term 5: 17 <sup>th</sup> April – 26 <sup>th</sup> 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 <sup>th</sup> June – 21 <sup>st</sup> 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								