

# Year 7 PE: Building a Foundation



Year 7 X Week 1 – Tuesday Period 3 Week 2 – Monday Period 2, Tuesday Period 3, Thursday Period 5 & Friday Period 1						HEALTH & FITNESS Focus Charlton Values Virtues	Year 7 Y Week 1 – Monday Period 3, Thursday Period 1 Week 2 – Monday Period 6, Wednesday Period 2, Friday Period 2				
Group 1 Mr Lawton	Group 2 Mr Simms	Group 3 Rotation	Group 4 Mrs Perrott	Group 5 Miss Johnson Mr Jones		Group 1 Mr Simms Mr Lawton	Group 2 Mr Jones	Group 3 Rotation	Group 4 Ms Byrne	Group 5 Mrs Perrott Ms Johnson Miss Fozzard	
Fitness Testing / Multi Skills (2 weeks)											
1st Half Term (8 weeks)	Multi-Skills Fitness Testing Basketball/ Badminton	Multi-Skills Fitness Testing Football	Multi-Skills Fitness Testing Handball / Netball	Multi-Skills Fitness Testing Football	Multi-Skills Fitness Testing Netball / Handball	Components of Fitness	Multi-Skills Fitness Testing Basketball/ Badminton	Multi-Skills Fitness Testing Football	Multi-Skills Fitness Testing Handball / Netball	Multi-Skills Fitness Testing Football	Multi-Skills Fitness Testing Netball / Handball
						Respect					
Intra-house Boys Rugby / Girls Indoor Football (1 week)											
2nd Half Term (7 weeks)	Football	Basketball / Badminton	Fitness / Rugby (Fitness Room)	Netball / Handball	Football	Components of Fitness	Football	Basketball / Badminton	Fitness / Rugby (Fitness Room)	Netball / Handball	Football
						Honesty + Fair play					
Intra-house Cross Country (2 weeks)											
3rd Half Term (5 weeks)	Rugby / Fitness	Handball / Netball	GFDC / Alternative Activities	Rugby / Fitness	Badminton / Basketball	Diet	Rugby / Fitness	Handball / Netball	GFDC / Alternative Activities	Rugby / Fitness	Badminton / Basketball
						Resilience					
Intra-house Boys Indoor Football / Girls Dance (1 week)											
4th Half Term (5 weeks)	Handball / Netball	Rugby / Fitness	Football	Badminton / Basketball	Rugby / Fitness	Diet	Handball / Netball	Rugby / Fitness	Football	Badminton / Basketball	Rugby / Fitness
						Responsibility					
Intra-house Football / Netball (1 week) * Students to choose either											
Easter											
5th Half Term (7 weeks)	Athletics / Cricket		Basketball Cricket / Rounders	Athletics / Rounders / Softball		Methods of Training	Athletics / Cricket		Basketball Cricket / Rounders	Athletics / Rounders/Softball	
						Courage					
Intra-house Boys Softball / Girls Danish Longball											
6th Half Term (7 weeks)	Athletics / Orienteering Softball/Rounders		Striking & Fielding Athletics /Orienteering	Athletics / Orienteering Danish Longball / Cricket		Methods of Training	Athletics / Orienteering Softball/Rounders		Striking & Fielding Athletics /Orienteering	Athletics / Orienteering Danish Longball / Cricket	
						Gratitude					
Intra-House Cricket / Rounders											1
Summer											



**Year 8 PE: Building and Developing**

	Year 8 X					HEALTH & FITNESS Focus Charlton Values / Virtues	Year 8 Y				
	Week 1 – Monday Period 4, Tuesday Period 1 & Friday Period 1 Week 2 – Wednesday Period 1 & Thursday Period 3						Week 1 - Tuesday Period 4, Wednesday Period 1 Week 2 – Monday Period 3, Thursday Period 5 & Friday Period 3				
	Group 1 Mr Thomas Mr Jones	Group 2 Mr Lawton	Group 3 Rotation	Group 4 Mrs Perrott Miss Fozzard Mr Jones	Group 5 Miss Fozzard Ms Byrne		Group 1 Mr Jones Miss Johnson	Group 2 Mr Lawton	Group 3 Rotation	Group 4 Miss Johnson Miss Fozzard Mr Simms	Group 5 Mrs Perrott MS Byrne
<b>1st Half Term (8 weeks)</b>	Badminton / Volleyball Basketball	Rugby / Fitness	Ultimate Frisbee / Handball	Fitness / Rugby (Fitness Room)	Netball / Handball	<i>Fitness Testing Humility</i>	Badminton / Volleyball Basketball	Rugby / Fitness	Ultimate Frisbee / Handball	Fitness / Rugby (Fitness Room)	Netball / Handball
<b>Intra-house Boys Rugby / Girls Indoor Football (1 week)</b>											
<b>2nd Half Term (7 weeks)</b>	Rugby / Fitness	Badminton / Volleyball Basketball	Games Different Cultures	Netball / Handball	Fitness / Rugby (Fitness Room)	<i>Anaerobic / Aerobic Compassion</i>	Rugby / Fitness	Badminton / Volleyball Basketball	Games Different Cultures	Netball / Handball	Fitness / Rugby (Fitness Room)
<b>Intra-house Cross Country (2 weeks) Christmas Break</b>											
<b>3rd Half Term (5 weeks)</b>	Handball / Netball	Football	Football / Quick Sticks Hockey	Badminton / Volleyball Basketball	Football	<i>Skeletal system (lower body) Sportsmanship</i>	Handball / Netball	Football	Football / Quick Sticks Hockey	Badminton / Volleyball Basketball	Football
<b>Intra-house Boys Indoor Football / Girls Dance (1 week)</b>											
<b>4th Half Term (5 weeks)</b>	Football	Handball / Netball	Table Tennis / Fitness	Football	Badminton / Volleyball Basketball	<i>Muscular System Integrity</i>	Football	Handball / Netball	Table Tennis / Fitness	Football	Badminton / Volleyball Basketball
<b>Intra-house Football / Netball (1 week) * Students to choose either</b>											
<b>Easter</b>											
<b>5th Half Term (7 weeks)</b>	Athletics Cricket		Basketball / Badminton	Athletics Cricket / Rounders		<i>Heartrate Tolerance</i>	Athletics Cricket		Basketball / Badminton	Athletics Cricket / Rounders	
<b>Intra-house Boys Softball / Girls Danish Longball</b>											
<b>6th Half Term (7 weeks)</b>	Athletics /Orienteering Cricket / Table Tennis		Striking & Fielding / Athletics / Orienteering	Athletics / Orienteering Danish Longball /Rounders		<i>Training and safety Team spirit</i>	Athletics / Orienteering Cricket / Table Tennis		Striking & Fielding / Athletics /Orienteering	Athletics / Orienteering Danish Longball /Rounders	
<b>Intra-House Cricket / Rounders</b>											<b>2</b>
<b>Summer</b>											

# Year 9 PE: Developing and Embedding



Year 9 X Week 1 – Monday Period 4, Tuesday Period 3, Wednesday Period 3 & Friday Period 3						HEALTH & FITNESS Focus Charlton Values Virtues / Careers	Year 9 Y Week 1 – Monday period 6 & Wednesday Period 4 Week 2 – Monday period 4 & Thursday Period 2				
Group 1 Mr Thomas Mr Lawton	Group 2 Mr Jones	Group 3 Rotation	Group 4 Mrs Perrott Miss Fozzard Mr Simms	Group 5 Mr Simms Ms Byrne		Group 1 Mr Jones	Group 2 Mr Thomas	Group 3 Rotation	Group 4 Miss Johnson Mr Wakelin	Group 5 Mrs Perrott Ms Byrne	
<b>1st Half Term (8 weeks)</b>	Basketball / Badminton	Football	Dodgeball / Basketball (Outside)	Handball / Netball	Rugby / Mixed Games	<i>Respect</i>	Basketball / Badminton	Football	Dodgeball / Basketball (Outside)	Handball / Netball	Rugby / Mixed Games
<b>Intra-house Boys Rugby / Girls Indoor Football (1 week)</b>											
<b>2nd Half Term (7 weeks)</b>	Football	Basketball / Badminton	Games Different Cultures	Rugby / Mixed Games	Handball / Netball	<i>Responsibility</i>	Football	Basketball / Badminton	Games Different Cultures	Rugby / Mixed Games	Handball / Netball
<b>Intra-house Cross Country (2 weeks) Christmas Break</b>											
<b>3rd Half Term (5 weeks)</b>	Volleyball / Handball	Fitness / Invasion Games (Main Hall)	Fitness / Tag Rugby	Fitness (Fitness Room)	Basketball / Badminton	<i>Resilience</i>	Volleyball / Handball	Fitness / Invasion Games (Outside)	Fitness / Tag Rugby	Fitness (Fitness Room)	Basketball / Badminton
<b>Intra-house Boys Indoor Football / Girls Dance (1 week)</b>											
<b>4th Half Term (5 weeks)</b>	Fitness / Invasion Games (Fitness Room)	Volleyball / Handball	Football	Basketball / Badminton	Fitness (Outside /Main Hall)	<i>Fair play</i>	Fitness / Invasion Games (Fitness Room)	Volleyball / Handball	Football	Basketball / Badminton	Fitness (Outside / Main Hall)
<b>Intra-house Football / Netball (1 week) * Students to choose either</b>											
<i>Easter</i>											
<b>5th Half Term (7 weeks)</b>	Athletics / Orienteering Cricket		Badminton / Tennis	Athletics / Orienteering Cricket		<i>Honesty</i>	Athletics / Orienteering Cricket		Badminton / Tennis	Athletics / Orienteering Cricket	
<b>Intra-house Boys Softball / Girls Danish Longball</b>											
<b>6th Half Term (7 weeks)</b>	Athletics / Orienteering Softball / Cricket		Striking & Fielding Athletics / Orienteering	Athletics / Orienteering Cricket /Rounders		<i>Courage</i>	Athletics / Orienteering Softball / Cricket		Striking & Fielding Athletics / Orienteering	Athletics / Orienteering Cricket /Rounders	
<b>Intra-House Cricket / Rounders * Students to choose either</b>											
<i>Summer</i>											

# Year 10 PE: Embedding and Applying



	Year 10 X Week 1 – Monday Period 2 & Friday Period 2 Week 2 – Wednesday period 6					HEALTH & FITNESS Focus Charlton Values Virtues Careers	Year 10 Y Week 1 – Wednesday period 2 & Thursday Period 6 Week 2 – Wednesday Period 3				
	Group 1 Mr Thomas Mr Simms	Group 2 Mr Jones	Group 3 Mr Simms Miss Fozzard	Group 4 Ms Byrne	Group 5 Mrs Perrott Miss Johnson		Group 1 Mr Lawton	Group 2 Mr Jones	Group 3 Mr Simms Miss Fozzard	Group 4 Miss Johnson	Group 5 Ms Byrne
<b>Intra-house Boys Rugby / Girls Indoor Football (1 week)</b>											
<b>1st Half Term (8 weeks)</b>	Football	Handball / Netball	Games Different Cultures	Badminton  Volleyball	Volleyball  Badminton	<i>Careers</i>	Football	Handball / Netball	Games Different Cultures	Badminton  Volleyball	Volleyball  Badminton
<b>Intra-house Cross Country (2 weeks)</b>											
<b>2nd Half Term (7 weeks)</b>	Basketball	Football	Dodgeball / Quick Sticks	Handball / Netball	Invasion Games	<i>Sport for life Careers</i>	Basketball	Football	Dodgeball / Quick Sticks	Handball / Netball	Invasion Games
<b>Christmas</b>											
<b>3rd Half Term (5 weeks)</b>	Handball / Netball	Basketball	Tag Rugby / Fitness	Fitness / Rugby	Handball / Netball	<i>Leadership Careers</i>	Handball / Netball	Basketball	Tag Rugby	Fitness / Rugby	Handball / Netball
<b>Intra-house Boys Indoor Football / Girls Dance (1 week)</b>											
<b>4th Half Term (5 weeks)</b>	Invasion Games / Fitness	Fitness/ Invasion Games	Basketball / Badminton	Invasion Games (Sports hall or Outside)	Fitness / Rugby	<i>Citizenship Careers</i>	Rugby / Invasion Games	Fitness / Rugby	Badminton	Invasion Games (Sports hall or Outside)	Fitness / Rugby
<b>Intra-house Football / Netball (1 week) * Students to choose either</b>											
<b>Easter</b>											
<b>5th Half Term (7 weeks)</b>	Athletics Softball / Cricket		Tennis Striking & Fielding	Athletics Rounders		<i>Inclusion Careers</i>	Athletics Softball / Cricket		Tennis Striking & Fielding	Athletics Rounders	
<b>Intra-house Boys Softball / Girls Danish Longball</b>											
<b>6th Half Term (7 weeks)</b>	Athletics / Tennis		Striking & Fielding Athletics	Athletics Danish Longball /Rounders		<i>Excellence Careers</i>	Athletics / Tennis		Striking & Fielding Athletics	Athletics Danish Longball /Rounders 4	
<b>Intra-House Cricket / Rounders * Students to choose either</b>											

# Year 11 PE: Embedding and Applying



	Year 11X Week 1 – Friday Period 4 Week 2 – Wednesday Period 4 & Friday Period 6					HEALTH & FITNESS Focus Charlton Values Virtues	Year 11Y Week 1 – Friday Period 6 Week 2 – Tuesday Period 4 & Friday Period 4				
	Group 1	Group 2	Group 3	Group 4	Group 5		Group 1	Group 2	Group 3	Group 4	Group 5
<b>1st Half Term (8 weeks)</b>	Option Football	Option Dodgeball	Option Fitness	Option Badminton	Option Basketball	<i>Careers</i>	Option Football	Option Dodgeball	Option Fitness	Option Badminton	Option Basketball
<b>Intra-house Boys Rugby / Girls Indoor Football (1 week)</b>											
<b>2nd Half Term (7 weeks)</b>	Option Football	Option Badminton	Option Fitness / Dance	Option Volleyball	Option Basketball	<i>Sport for life Careers</i>	Option Football	Option Badminton	Option Fitness / Dnace	Option Volleyball	Option Basketball
<b>Intra-house Cross Country (2 weeks)</b>											
<b>Christmas</b>											
<b>3rd Half Term (5 weeks)</b>						<i>Leadership Careers</i>					
<b>Intra-house Boys Indoor Football / Girls Dance (1 week)</b>											
<b>4th Half Term (5 weeks)</b>						<i>Citizenship Careers</i>					
<b>Intra-house Football / Netball (1 week) * Students to choose either</b>											
<b>Easter</b>											
<b>5th Half Term (7 weeks)</b>	Athletics Softball / Cricket		Tennis Striking & Fielding	Athletics Rounders		<i>Inclusion Careers</i>	Athletics Softball / Cricket		Tennis Striking & Fielding	Athletics Rounders	
<b>Intra-house Boys Softball / Girls Danish Longball</b>											
<b>6th Half Term (7 weeks)</b>	Athletics / Tennis		Striking & Fielding Athletics	Athletics Danish Longball /Rounders		<i>Excellence and perseverance Careers</i>	Athletics / Tennis		Striking & Fielding Athletics	Athletics Danish Longball /Rounders	
<b>Intra-House Cricket / Rounders * Students to choose either</b>											
<b>Summer</b>											

# Charlton PE Department

## EXPECTATIONS:

### PE KIT:

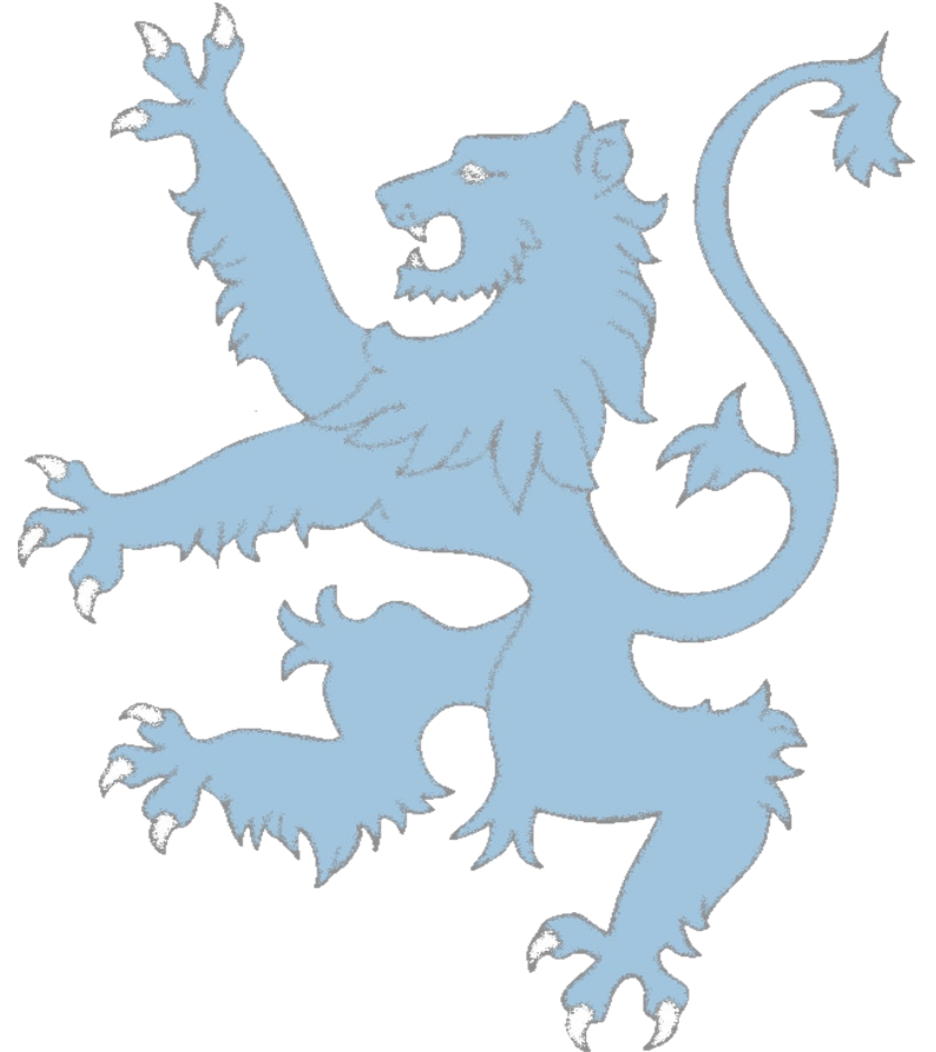
**Compulsory: Polo Shirt, Shorts, Socks, ONE Long Sleeved Top, Appropriate Footwear. No Jewellery, hair tied back.**

C1 (10min After School detention) if you forget PE kit. Students are expected to borrow spare kit

C2 (30 minutes after school detention) Parents contacted if students continually forget PE kit

C3 (1 hour after school detention) SLT Referral for refusal to borrow spare PE kit

- No other Sports Clothing / Coats will be allowed to be worn during lessons or in extra-Curricular time





# Charlton PE Department

## Extra-curricular Clubs Programme




### After School/Lunch PE Clubs Programme

Clubs will start on Monday 12<sup>th</sup> September 3.10-4.10pm

	MAIN HALL / FITNESS SUITE	SPORTS HALL	FIELD	TENNIS COURTS
<b>MONDAY</b>	<u>After School</u> Cambridge National/GCSE- catch up – PE1 Mr Jones	<u>After School</u> <b>Netball</b> All years Mrs Perrott	<u>After School</u> <b>Girls Football</b> All Years Ms Byrne	<u>After school</u>
<b>TUESDAY</b>	<u>Staff Meetings</u> <u>After School</u>  Fitness / Weight Training All Years Boys & Girls External Coach / Mr Thomas	<u>Staff Meetings</u> <u>After School</u>	<u>Staff Meetings</u> <u>After School</u>	<u>Staff Meetings</u> <u>After School</u>  <b>Handball Club</b> All Years Shropshire Handball External Coach
<b>WEDNESDAY</b>	<u>After school</u>  <b>Staff Fitness</b> Body Pump	<u>After School</u>  <b>Basketball</b> Year 8 & 9 Mr Simms	<u>After School</u>  <b>Football</b> Year 9,10 & 11 Boys Mr Lawton / Mr Jones  Year 7 and 8 Boys Mr Thomas	<u>After School</u>  <b>Netball</b> All Year Groups Miss Johnson / Miss Fozzard
<b>THURSDAY</b>	<u>After School</u>	<u>After School</u>  <b>Basketball</b> Year 10 & 11 Mr Simms	<u>After School</u>  <b>Rugby</b> Boys all years Mr Lawton  <b>Rugby</b> Girls all years Miss Fozzard	<u>After School</u>
<b>FRIDAY</b>	<u>After School</u> Fitness / Weight Training All Years Boys & Girls Mr Thomas	<u>After School</u>  <b>Cricket</b> Year 7,8, 9 & 10 Mr Jones  <b>Badminton</b> Yr7,8&9 Ms Byrne	<u>After School</u>  <b>Rugby</b> Boys Year 10 /11 Mr Lawton	<u>After School</u>

