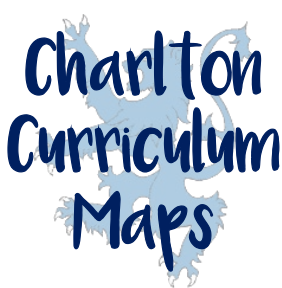
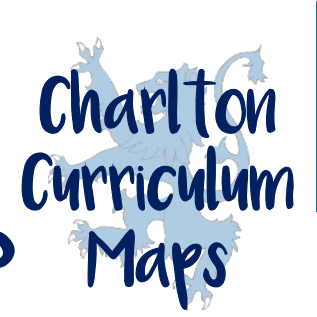

	Year 7 X Week 1 – Monday Period 3, Wednesday Period 2 Week 2 – Monday Period 4, Tuesday Period 1					HEALTH & FITNESS Focus Charlton Values Virtues	Year 7 Y Week 1 – Tuesday Period 1, Wednesday Period 4 Week 2 – Tuesday Period 2, Wednesday Period 3,				
	Group 1 Mr Jones Mr Lawton	Group 2 Mr Simms Mr Lawton	Group 3 Miss Fozzard Mr Lawton	Group 4 Ms Byrne Miss Johnson	Group 5 Mrs Perrott Miss Johnson		Group 1 Mr Simms Mr Lawton	Group 2 Mr Jones	Group 3 Miss Fozzard Mr Lawton Mrs Perrott	Group 4 Miss Johnson Mr Thomas	Group 5 Mrs Perrott Ms Byrne
Fitness Testing / Multi Skills (2 weeks)											
1st Half Term (8 weeks)	Multi-Skills Fitness Testing Basketball/ Badminton	Multi-Skills Fitness Testing Rugby/fitness	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 Rugby/Fitness	Multi-Skills Fitness Testing Handball / Netball	Multi-Skills Fitness Testing Football	Multi-Skills Fitness Testing Netball / Handball
						Respect					
Intra-house Boys Football / Girls Indoor Football (1 week)											
2nd Half Term (7 weeks)	Football	Basketball / Badminton	Fitness / Rugby (Fitness Room)	Netball / Handball	Rugby/fitness	Components of Fitness	Football	Basketball / Badminton	Fitness / Rugby (Fitness Room)	Netball / Handball	Rugby/Fitness
						Honesty + Fair play					
Intra-house Dodgeball (2 weeks) Christmas Break											
3rd Half Term (6 weeks)	Handball / Netball	Football	GFDC / Alternative Activities	Rugby / Fitness	Badminton / Basketball	Diet	Handball / Netball	Football	GFDC / Alternative Activities	Rugby / Fitness	Badminton / Basketball
						Resilience					
Intra-house Indoor Boys Football / Girls Handball (1 week)											
4th Half Term (7 weeks)	Rugby / Fitness	Handball / Netball	Football	Badminton / Basketball	Football	Diet	Rugby / Fitness	Handball/Netball	Football	Badminton / Basketball	Football
						Responsibility					
Intra-house Rugby / Netball (1 week) * Students to choose either											
Easter											
5th Half Term (4 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											
Summer											

<div> <div>Year 8 X</div> <div> Week 1 – Wednesday Period 5, Thursday Period 2 Week 2 –Monday Period 1, Thursday Period 5 </div> </div>					<div>HEALTH & FITNESS</div> <div>Focus</div> <div>Charlton</div> <div>Values / Virtues</div>	<div> <div>Year 8 Y</div> <div> Week 1 - Monday Period 4, Thursday Period 3 Week 2 – Monday Period 2, Thursday Period 1 </div> </div>				
Group 1 Mr Thomas Mr Lawton	Group 2 Mr Jones	Group 3 Mr Simms	Group 4 Ms Byrne Mrs Perrott Miss Johnson	Group 5 Miss Fozzard Ms Byrne		Group 1 Mr Lawton	Group 2 Mr Thomas Mr Jones	Group 3 Mr Simms Mr Thomas	Group 4 Ms Byrne	Group 5 Ms Fozzard
Badminton / Volleyball Basketball	Rugby / Fitness	Ultimate Frisbee / Handball	Football	Netball / Handball	<i>Fitness Testing Humility</i>	Badminton / Volleyball Basketball	Rugby / Fitness	Ultimate Frisbee / Handball	Football	Netball / Handball
Intra-house Boys Football / Girls Indoor Football (1 week)										
Football	Badminton / Volleyball Basketball	Games Different Cultures	Netball / Handball	Fitness / Rugby	<i>Anaerobic / Aerobic Compassion</i>	Football	Badminton / Volleyball Basketball	Games Different Cultures	Netball / Handball	Fitness / Rugby
Intra-house Dodgeball (2 weeks) Christmas Break										
Handball / Netball	Football	Football / Quick Sticks Hockey	Rugby / Fitness	Badminton / Volleyball Basketball	<i>Skeletal system (lower body) Sportsmanship</i>	Handball / Netball	Football	Football / Quick Sticks Hockey	Fitness / Rugby	Badminton / Volleyball Basketball
Intra-house Boys Indoor Football / Girls Handball (1 week)										
Rugby/Fitness	Handball / Netball	Table Tennis / Fitness	Badminton / Volleyball Basketball	Football	<i>Muscular System Integrity</i>	Rugby/Fitness	Handball / Netball	Table Tennis / Fitness	Badminton / Volleyball Basketball	Football
Intra-house Rugby / Netball (1 week) * Students to choose either										
Easter										
Athletics Cricket		Basketball / Badminton	Athletics Cricket / Rounders		<i>Heartrate Tolerance</i>	Athletics Cricket		Basketball / Badminton	Athletics Cricket / Rounders	
Intra-house Boys Softball / Girls Danish Longball										
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	
Intra-House Cricket / Rounders										
Summer										



Year 9 X Week 1 – Tuesday Period 5, Friday Period 1 Week 2 – Tuesday Period 5					HEALTH & FITNESS Focus Charlton Values Virtues / Careers	Year 9 Y Week 1 – Tuesday Period 4 Week 2 – Thursday Period 3, Friday Period 3				
Group 1 Mr Wakelin	Group 2 Mr Lawton	Group 3 Mr Jones Mr Simms	Group 4 Miss Fozzard	Group 5 Miss Johnson Ms Byrne Mrs Perrott		Group 1 Mr Jones Mr Thomas	Group 2 Mr Simms Mr Jones	Group 3 Miss Johnson Mr Lawton	Group 4 Mrs Perrott Ms Byrne	Group 5 Miss Fozzard
Basketball / Badminton	Fitness / Invasion Games	Dodgeball / Basketball (Outside)	Mixed Games	Handball / Netball	Respect	Basketball / Badminton	Fitness/ invasion Games	Dodgeball / Basketball (Outside)	Mixed Games	Handball/ Netball
Intra-house Boys Football / Girls Indoor Football (1 week)										
Football	Basketball / Badminton	Games Different Cultures	Handball / Netball	Rugby / Fitness	Responsibility	Football	Basketball / Badminton	Games Different Cultures	Handball/ Netball	Rugby/Fitness
Intra-house Dodgeball (2 weeks) Christmas Break										
Volleyball / Handball	Football	Fitness / Tag Rugby	Rugby/Fitness	Basketball / Badminton	Resilience	Volleyball/ Handball	Football	Fitness / Tag Rugby	Fitness / Rugby	Basketball / Badminton
Intra-house Boys Indoor Football / Girls Handball (1 week)										
Fitness / Invasion Games	Volleyball / Handball	Football	Basketball / Badminton	Mixed Games	Fair play	Fitness / Invasion Games	Volleyball / Handball	Football	Basketball / Badminton	Mixed Games
Intra-house Rugby / Netball (1 week) * Students to choose either										
Easter										
Athletics / Orienteering/ Cricket		Badminton / Tennis	Athletics / Orienteering Cricket		Honesty	Athletics / Orienteering Cricket		Badminton / Tennis	Athletics / Orienteering Cricket	
Intra-house Boys Softball / Girls Danish Longball										
Athletics / Orienteering Softball / Cricket		Striking & Fielding Athletics / Orienteering	Athletics / Orienteering Cricket /Rounders		Courage	Athletics / Orienteering Softball / Cricket		Striking & Fielding Athletics / Orienteering	Athletics / Orienteering Cricket /Rounders	
Intra-House Cricket / Rounders * Students to choose either										
3										
Summer										



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

5

Charlton PE Department Expectations

Compulsory PE Kit:

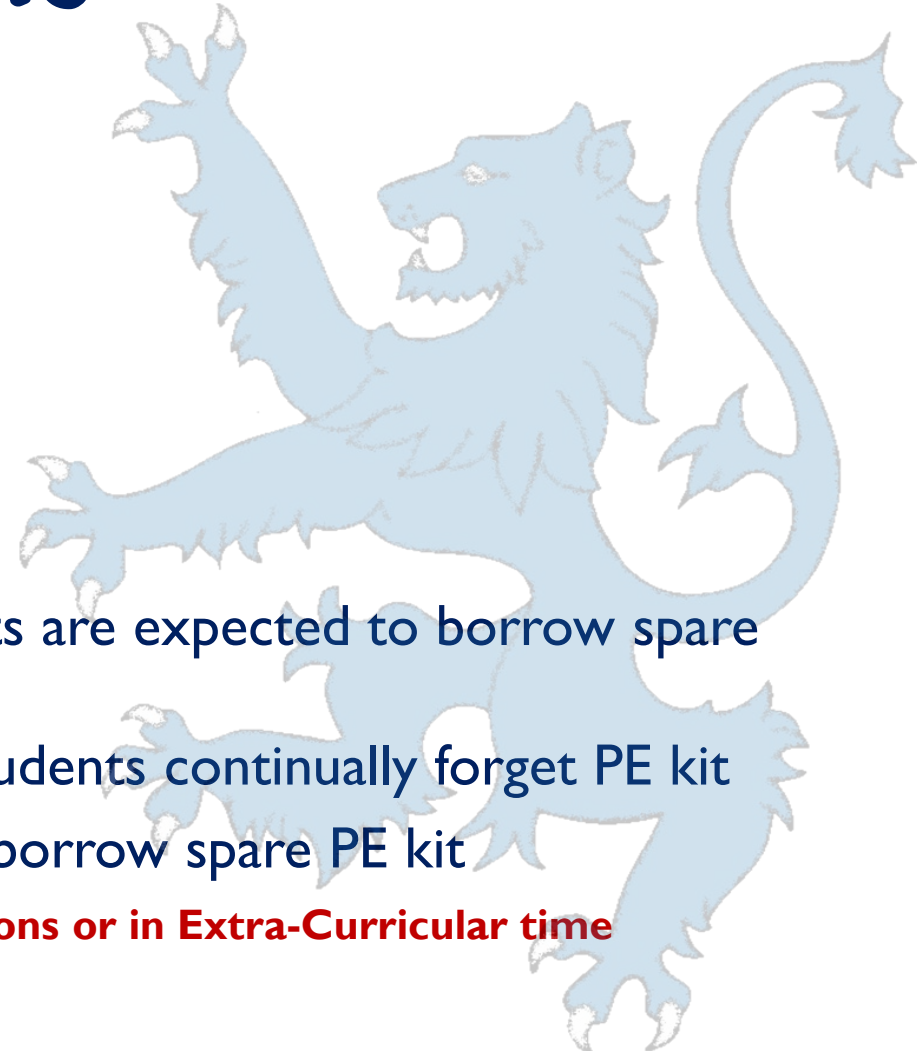
- Polo Shirt
- Shorts, Socks
- ONE Long Sleeved Top,
- Appropriate Footwear.
- No Jewellery & hair tied back.

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**



Project Charlton PE Extra Curricular Activities

⇒ ⇒ 3:10pm-4:10pm 2024/2025
AUTUMN

	MAIN HALL / FITNESS SUITE	SPORTS HALL	FIELD	COURTS
MONDAY	<u>After School</u> Cambridge National / GCSE- catch up – PE1 Mr Jones / Mr Lawton / Mr Thomas	<u>After School</u> Netball All years Mrs Perrott	<u>After School</u> Rugby Girls all years Miss Fozzard Miss Morris	<u>After school</u>
TUESDAY	<u>After School</u> Fitness / Weight Training All Years Boys & Girls External Coach	<u>After School</u> Cricket (Until October half term) Boys & Girls External coach	<u>After School</u>	<u>After School</u>
WEDNESDAY	<u>After school</u> Staff Fitness Body Pump	<u>After School</u> Basketball Year 8 & 9 Mr Simms	<u>After School</u> Football Year 9, 10 & 11 Boys Mr Jones / Mr Lawton / Mr Thomas Year 7 and 8 Boys Mr Jones / Mr Dupree Girls Football All Years Ms Byrne	<u>After School</u> Netball All years Mrs Johnson
THURSDAY	<u>After School</u>	<u>After School</u> Basketball Year 10 & 11 Mr Simms / Mr A Thomas	<u>After School</u> Rugby Boys all years Mr Lawton	<u>After School</u>
FRIDAY	<u>After School</u> Fitness / Weight Training All Years Boys & Girls External Coach / Mr Thomas	<u>After School</u> Badminton All Years Ms Byrne	<u>After School</u>	<u>After School</u>

Charlton PE Department

Extra-curricular Clubs Programme

RESPECT
RESILIENCE
RESPONSIBILITY

