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7 P.E. Builo	
year	

	Charlton Curriculum			ay Period 3, Wedday Period 4, T	•		FITNESS  Week I – Tuesday Period I, Wednesday Period 4  Focus  Week 2 – Tuesday Period 2, Wednesday Period 3,  Charlton  Values  Virtues					
	Maps	Group I 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 I 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	g / Multi Skills (2	weeks)				
	l st 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 Respect	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
					Intra-ho	ouse Boys Football	/ Girls Indoor Fo	otball (I 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 þlay					
					l:	ntra-house Dodgeb	all (2 weeks) Ch	ristmas Break				
	3rd Half Term (6 weeks)	Handball / Netball	Football	GFDC / Alternative Activities	Rugby / Fitness	Badminton / Basketball	Diet Resilience	Handball / Netball	Football	GFDC / Alternative Activities	Rugby / Fitness	Badminton / Basketball
					Intra	ı-house Indoor Boy	s Football / Girls	Handball (I we	ek)			
	4th Half Term (7 weeks)	Rugby / Fitness	Handball / Netball	Football	Badminton / Basketball	Football	Diet Responsibility	Rugby / Fitness	Handball/Netball	Football	Badminton / Basketball	Football
					Intra-hou	se Rugby / Netball	(I week) * Stude	ents to choose ei	ther			
						E	aster					
	5th Half Term (4 weeks)	Athletics / Basketball Cricket Cricket / Rounders		Athletics / Rounders / Softball		Methods of Training Courage		etics / cket	Basketball Cricket / Rounders		letics / rs/Softball	
j					<u>l</u> r	ntra-house Boys So	ftball / Girls Dan	nish Longball				
	6th Half Term (7 weeks)			Striking & Fielding Athletics /Orienteering	Athletics / Orienteering Danish Longball / Cricket		Methods of Training Gratitude	Athletics / 0	Orienteering Rounders	Striking & Fielding Athletics /Orienteering		Orienteering gball / Cricket
						Intra-Hou	se Cricket / Rour	nders				1
						Su	mmer					

HEALTH &

Year 7 Y

Year 7 X

	Curricul Maps
ing	Maps
)	Ist Half Ter
76	(8 weeks)
9	2nd Half Te
	(7 weeks)
Md	
7	3rd Half Tei
5	(6 weeks)
T	4th Half Ter
Mil	(7 weeks)
<b>3</b>	
2	5th Half Ter (4 weeks)
<b>~</b>	(4 weeks)
~	6th Half Te
ear	(7 weeks)
3	

Charlton Curriculum	V		Year 8 X esday Period 5, T lay Period I, Thu		2	HEALTH & Year 8 Y FITNESS Week I - Monday Period 4, Thursday Period Week 2 - Monday Period 2, Thursday Period Values / Virtues					
Maps	Group I 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 I Mr Lawton	Group 2 Mr Thomas Mr Jones	Group 3 Mr Simms Mr Thomas	Group 4 Ms Byrne	Group 5 Ms Fozzard
Ist Half Term (8 weeks)	Badminton / Volleyball Basketball	Rugby / Fitness	Ultimate Frisbee / Handball	Football	Netball / Handball	Fitness Testing Humility	Badminton / Volleyball Basketball	Rugby / Fitness	Ultimate Frisbee / Handball	Football	Netball / Handball
				Intra-	house Boys Foot	tball / Girls Indoo	r Football (I wee	k)			
2nd Half Term (7 weeks)	Football	Badminton / Volleyball Basketball	Games Different Cultures	Netball / Handball	Fitness / Rugby	Anaerobic / Aerobic Compassion	Football	Badminton / Volleyball Basketball	Games Different Cultures	Netball / Handball	Fitness / Rugby
				In	tra-house Dodge	eball (2 weeks) Cl	nristmas Break				
3rd Half Term (6 weeks)	Handball / Netball	Football	Football / Quick Sticks Hockey	Rugby / Fitness	Badminton / Volleyball Basketball	Skeletal system (lower body) Sportsmanship	Handball / Netball	Football	Football / Quick Sticks Hockey	Fitness / Rugby	Badminton / Volleyball Basketball
				Intra	-house Boys Ind	oor Football / Gir	ls Handball (I w	eek)			
4th Half Term (7 weeks)	Rugby/Fitness	Handball / Netball	Table Tennis / Fitness	Badminton / Volleyball Basketball	Football	Muscular System Integrity	Rugby/Fitness	Handball / Netball	Table Tennis / Fitness	Badminton / Volleyball Basketball	Football
				Intra-h	ouse Rugby / Ne	tball (I week) * S	tudents to choos	e either			
						Easter					
5th Half Term (4 weeks)	Athle Cric		Basketball / Badminton		etics Rounders	Heartrate Tolerance	Athle Cric		Basketball / Badminton		lletics ' Rounders
				lı	ntra-house Boys	Softball / Girls Da	anish Longball				
6th Half Term (7 weeks)	Fielding / Cricket / Table Tennis Athletics /		-	Athletics / Orienteering  Danish Longball /Rounders		Training and safety Team spirit	Athletics / C Cricket / Ta	_	Striking & Fielding / Athletics /Orienteering		Orienteering
					Intra-Hous	e Cricket / Round	ders				2
					S	ummer					

	Charlton Curriculum	Year 9 X Week I – Tuesday Period 5, Friday Period I Week 2 – Tuesday Period 5 Week 2 – Thursday Period 3, Friday Period 3 Virtues / Careers						3				
ding	Maps	Group I 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 I 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
Embedding	Ist Half Term (8 weeks)	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
					Int	ra-house Boys Fo	otball / Girls Indo	oor Football (I we	eek)			
and	2nd Half Term (7 weeks)	Football	Basketball / Badminton	Games Different Cultures	Handball / Netball	Rugby / Fitness	Responsibility	Football	Basketball / Badminton	Games Different Cultures	Handball/ Netball	Rugby/Fitness
7						Intra-house Do	dgeball (2 weeks)	Christmas Brea	k			
8	3rd Half Term (6 weeks)	Volleyball / Handball	Football	Fitness / Tag Rugby	Rugby/Fitness	Basketball / Badminton	Resilience	Volleyball/ Handball	Football	Fitness / Tag Rugby	Fitness / Rugby	Basketball / Badminton
					Intr	a-house Boys Ind	oor Football / Gir	ls Handball (I we	eek)			
Peveloping	4th Half Term (7 weeks)	Fitness / Invasion Games	Volleyball / Handball	Football	Basketball / Badminton	Mixed Games	Fair play	Fitness / Invasion Games	Volleyball / Handball	Football	Basketball / Badminton	Mixed Games
0					Intr	a-house Rugby / I	Netball (I week) *	* Students to cho	ose either			
8							Easter					
	5th Half Term (4 weeks)	Athletics / C Cric	•	Badminton / Tennis	Athletics / C	Orienteering cket	Honesty	Athletics / C	Orienteering cket	Badminton / Tennis		Orienteering icket
5						Intra-house Boy	s Softball / Girls	Danish Longball				
year	6th Half Term (7 weeks)	Athletics / C Softball /	-	Striking & Fielding Athletics / Orienteering	Athletics / Orienteering Cricket /Rounders		Courage	Athletics / C Softball /	Cricket	Striking & Fielding Athletics / Orienteering	Cricket	Orienteering /Rounders
3					Intra-l	House Cricket / R	lounders * Stude	nts to choose eitl	her			3
							Summer					

0	Charlton urriculum			Year I0 X ek I – Monday Per day Period 5, Wed			HEALTH & FITNESS Focus Charlton Values Virtues Careers	Week I – Tuesday Period 2, Friday Period 4  Week 2 – Wednesday Period I					
	Maps	Group I Mr Lawton	Group 2 Mr Jones	Group 3 Miss Fozzard	Group 4 Mrs Perrott Mrs Johnson	Group 5 Ms Byrne		Group I Mr Lawton	Group 2 Mr Simms	Group 3 Mr Jones Miss Johnson	Group 4 Miss Johnson Ms Byrne	Group 5 Mrs Perrott Miss Fozzard	
Applying	Ist Half Term (8 weeks)	Football	Handball / Netball	Games Different Cultures	Badminton Volleyball	Volleyball Badminton	Careers	Football	Handball / Netball	Games Different Cultures	Badminton Volleyball	Volleyball Badminton	
77	Intra-house Boys Football / Girls Indoor Football (I week)												
and	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-ho	ouse Cross Count	try/Dodgeball (2 v	weeks)				
2							Christma	ıs					
ddi	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	
<b>%</b>						Intra-house Boy	s Indoor Football	/ Girls Handball	(I week)				
Embedding and	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	
•••					Int	ra-house <mark>B</mark> asket	<mark>ball</mark> / Netball (I w	veek) * Students	to choose either				
							Easter						
90	5th Half Term (4 weeks)	Athle Softball /		Tennis Striking & Fielding	Athle Roun		Inclusion Careers	Athl Softball		Tennis Striking & Fielding	Athl Rour	etics nders	
						Intra-	house Boys Softb	all / Girls Danish	Longball				
year 10	6th Half Term (7 weeks)	Athlet Ten		Striking & Fielding Athletics	Athl Danish Longb	etics oall /Rounders	Excellence Careers	Athle Ter		Striking & Fielding Athletics	Danish Longb	letics pall /Rounders 4	
<b>-)</b>						Intra-House Cr	ricket / Rounders	* Students to ch	oose either				

	Charlton Curriculum			Year IIX ek I – Friday Perio nday Period 3 & Fr			HEALTH & FITNESS Focus Charlton Values Virtues			Year IIY Veek I – Friday Per esday Period 4 & T		
	3	Group I	Group 2	Group 3	Group 4	Group 5		Group I	Group 2	Group 3	Group 4	Group 5
Embedding and Applying	Ist Half Term (8 weeks)	Option Football	Option Dodgeball	Option Fitness	Option Badminton	Option Basketball	Careers	Option Football	Option Dodgeball	Option Fitness	Option Badminton	Option Basketball
						Intra-house	Boys Football / Gi	irls Indoor Footb	all (I week)			
A/10	2nd Half Term (7 weeks)	Option Football	Option Badminton	Option Fitness / Dance	Option Volleyball	Option Basketball	Sport for life Careers	Option Football	Option Badminton	Option Fitness / Dance	Option Volleyball	Option Basketball
						Intra-ho	ouse Cross Count	ry/ Dodgeball (2	weeks)			
62							Christma	ıs				
	3rd Half Term (6 weeks)						Leadership Careers					
T						Intra-house Boy	s Indoor Football	/ Girls Handball	(I week)			
ge	4th Half Term (7 weeks)						Citizenship Careers					
<b>\S</b>					In	tra-house <mark>Basket</mark>	<mark>ball/ Netball (I w</mark>	eek) * Students	to choose either			
							Easter					
	5th Half Term (4 weeks)		nletics / Cricket	Tennis Striking & Fielding	Athl Rour	letics nders	Inclusion Careers		etics / Cricket	Tennis Striking & Fielding		letics nders
						Intra-	house Boys Softba	all / Girls Danish	Longball			
Year	6th Half Term (7 weeks)		letics / ennis	Striking & Fielding Athletics		letics ball /Rounders	Excellence and perseverance Careers		etics / nnis	Striking & Fielding Athletics		letics ball /Rounders
3						Intra-House C	ricket / Rounders	* Students to c	hoose either			5
_							Summer	r				

## Charlton PE Department Expectations

Compulsory PE Kit:

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

	MAIN HALL / FITNESS SUITE	SPORTS HALL	FIELD	COUKTS
MONDAY	After School  Cambridge National / GCSE- catch up - PEI Mr Jones / Mr Lawton / Mr Thomas	After School  Netball All years Mrs Perrott	After School  Rugby  Girls all years  Miss Fozzard  Miss Morris	<u>After school</u>
TUESPAY MONDAY	After School  Fitness / Weight Training All Years Boys & Girls External Coach	After School  Cricket  (Until October half term) Boys & Girls External coach	After School	<u>After School</u>
WEDNESPAY	After school  Staff Fitness  Body Pump	After School  Basketball Year 8 & 9 Mr Simms	After School  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	After School  Netball All years Mrs Johnson
FKIDAY THUKSDAY	<u>After School</u>	After School  Basketball  Year 10 & 11  Mr Simms / Mr A Thomas	After School  Rugby  Boys all years  Mr Lawton	After School
FKIDAY	After School  Fitness / Weight Training All Years Boys & Girls  External Coach / Mr Thomas	After School  Badminton All Years Ms Byrne	After School	After School

RESPECT
RESILIENCE
RESPONSIBILITY





## Charlton PE Department

Extra-curricular Clubs Programme