

Year 7 - Physical Education

Autumn	September				October				November				December				
	05-Sep	12-Sep	19-Sep	26-Sep	03-Oct	10-Oct	17-Oct	24-Oct	31-Oct	07-Nov	14-Nov	21-Nov	28-Nov	05-Dec	12-Dec	19-Dec	26-Dec
Unit	INSET week	ASPIRE Week	Leadership & preparing the body for physical activity				Departmental Assessment	Half Term	Review Week	COF				Vocabulary Assessment	Christmas		
																Wk 17	Wk 18

Spring	January				February				March				April	
	02-Jan	09-Jan	16-Jan	23-Jan	30-Jan	06-Feb	13-Feb	20-Feb	27-Feb	06-Mar	13-Mar	20-Mar	27-Mar	04-Apr
Unit	GAP	Muscle groups				Departmental Assessment	Half Term	Review Week	Benefits of exercise				Easter	

Summer	April		May				June				July				
	17-Apr	24-Apr	01-May	08-May	15-May	22-May	29-May	05-Jun	12-Jun	19-Jun	26-Jun	03-Jul	10-Jul	17-Jul	25-Jul
Unit	Benefits of exercise	Vocabulary Assessment	Benefits of exercise	Long term effects of exercise				Half Term	Long term effects of exercise	Departmental Assessment	Review Week	Project week			End of Year