Nottingham Free School

**PE Programme of Study (2017-2018)**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| *YEAR 7* | **GIRLS** | | **BOYS** | |  | *YEAR 8* | **GIRLS** | | **BOYS** | |  | *YEAR 9* | **GIRLS** | | **BOYS** | |  | *YEAR 10* | **GIRLS** | | **BOYS** | |
| **7A** | **7B** | **7A** | **7B** |  | **8A** | **8B** | **8A** | **8B** |  | **9A** | **9B** | **9A** | **9B** |  | **10A** | **10B** | **10A** | **10B** |
| **KSJ** | **KSJ** | **PCO** | **PCO** |  | **KSJ** | **KSJ** | **PCO** | **PCO** |  | **KSJ** | **KGR** | **PCO** | **PCO** |  | **KSJ** | **KSJ** | **PCO** | **PCO** |
| 4/9 | Baseline | | Baseline | |  | 4/9 | Netball | | Football | |  | 4/9 | Netball | | Football  (Sport Ed) | |  | 4/9 | Table Tennis | | Basketball | |
| 11/0 |  | 11/0 |  | 11/0 |  | 11/0 |
| 18/9 | Swimming  &  Dance | | Football | |  | 18/9 |  | 18/9 |  | 18/9 |
| 25/9 |  | 25/9 |  | 25/9 |  | 25/9 | Basketball | |
| 2/10 |  | 2/10 |  | 2/10 | Table Tennis | | Netball | |  | 2/10 | Table Tennis | |
| 9/10 |  | 9/10 | Fitness | | OAA | |  | 9/10 |  | 9/10 |
| 16/10 |  | 16/10 |  | 16/10 |  | 16/10 |
| 30/10 | Netball | |  | 30/10 |  | 30/10 | Invasion Games | |  | 30/10 | Invasion Games | | Gymnastics | |
| 6/11 | Swimming  &  Dance | |  | 6/11 | OAA | | Fitness | |  | 6/11 | Table Tennis | |  | 6/11 |
| 13/11 |  | 13/11 |  | 13/11 |  | 13/11 |
| 20/11 |  | 20/11 |  | 20/11 |  | 20/11 | Gymnastics | | Netball | |
| 27/11 |  | 27/11 | Dance | | Netball | |  | 27/11 | Dance | | Invasion Games | |  | 27/11 |
| 4/12 |  | 4/12 |  | 4/12 |  | 4/12 |
| 11/12 |  | 11/12 |  | 11/12 |  | 11/12 | Options | | Options | |
| 8/1 | Gymnastics | | Netball | |  | 8/1 | Football | |  | 8/1 | Football  (Sport Ed) | |  | 8/1 | Aerobics / Yoga / Boxercise | | Football | |
| 15/1 |  | 15/1 |  | 15/1 | Dance | |  | 15/1 |
| 22/1 |  | 22/1 | Dance | |  | 22/1 |  | 22/1 |
| 29/1 | Football | |  | 29/1 |  | 29/1 |  | 29/1 | Football | | Aerobics / Yoga / Boxercise | |
| 5/2 |  | 5/2 |  | 5/2 | Gymnastics | | Fitness Testing & Training | |  | 5/2 |
| 12/2 |  | 12/2 | Gymnastics | | Rugby / Hockey | |  | 12/2 |  | 12/2 |
| 26/2 | Gymnastics | |  | 26/2 |  | 26/2 |  | 26/2 | Netball | | Invasion Games | |
| 5/3 |  | 5/3 |  | 5/3 | Fitness Testing & Training | | Gymnastics | |  | 5/3 |
| 12/3 |  | 12/3 | Rugby / Hockey | | Gymnastics | |  | 12/3 |  | 12/3 |
| 19/3 | Adapted Sports | | Adapted Sports | |  | 19/3 |  | 19/3 |  | 19/3 | Options | | Options | |
| 26/3 |  | 26/3 |  | 26/3 | Options | | Options | |  | 26/3 |
| 16/4 | Striking + Fielding | | Striking + Fielding | |  | 16/4 | Striking + Fielding | | Striking + Fielding | |  | 16/4 | Tennis | | Softball | |  | 16/4 | Tennis | | Softball | |
| 23/4 |  | 23/4 |  | 23/4 |  | 23/4 |
| 30/4 |  | 30/4 |  | 30/4 |  | 30/4 |
| 7/5 |  | 7/5 |  | 7/5 | Rounders | | Cricket | |  | 7/5 | Rounders | | Cricket | |
| 14/5 |  | 14/5 |  | 14/5 |  | 14/5 |
| 21/5 |  | 21/5 |  | 21/5 |  | 21/5 |
| 4/6 | Athletics | | Athletics | |  | 4/6 | Athletics | | Athletics | |  | 4/6 | Athletics | | Athletics | |  | 4/6 | Athletics | | Athletics | |
| 11/6 |  | 11/6 |  | 11/6 |  | 11/6 |
| 18/6 |  | 18/6 |  | 18/6 |  | 18/6 |
| 25/6 |  | 25/6 |  | 25/6 |  | 25/6 |
| 2/7 |  | 2/7 |  | 2/7 |  | 2/7 |
| 9/7 |  | 9/7 |  | 9/7 |  | 9/7 |
| 16/7 |  | 16/7 |  | 16/7 |  | 16/7 |
| 23/7 |  | 23/7 |  | |  | 23/7 |  | 23/7 |