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 |