

## Year 10 PE Programme 2016-17

	10PE1 OB PERFORMANCE	10PE2 NJF AESTHETIC	10PE3 PD INDIVIDUAL
W/C 5 <sup>th</sup> Sep	Fitness Tests	Fitness Tests	Fitness Tests
W/C 12 <sup>th</sup> Sep			
W/C 19 <sup>th</sup> Sep	Football	Netball	Multi sports
W/C 26 <sup>th</sup> Sep			
W/C 3 <sup>rd</sup> Oct			
W/C 10 <sup>th</sup> Oct			
W/C 17 <sup>th</sup> Oct			
W/C 31 <sup>st</sup> Oct	Rugby	Dance	invasion
W/C 7 <sup>th</sup> Nov			
W/C 14 <sup>th</sup> Nov			
W/C 21 <sup>st</sup> Nov			
W/C 28 <sup>th</sup> Nov	Methods of Training	Methods of Training	Methods of Training
W/C 5 <sup>th</sup> Dec			
W/C 12 <sup>th</sup> Dec			
W/C 19 <sup>th</sup> Dec	Fitness Tests	Fitness Tests	Fitness Tests
W/C 9 <sup>th</sup> Jan	Rugby	Trampolining	Aerobics/fitness (DS)
W/C 16 <sup>th</sup> Jan			
W/C 23 <sup>rd</sup> Jan			
W/C 30 <sup>th</sup> Jan	trampolining	Aerobics/fitness (DS)	badminton
W/C 6 <sup>th</sup> Feb			
W/C 13 <sup>th</sup> Feb			
W/C 27 <sup>th</sup> Feb	hockey	badminton	trampolining
W/C 6 <sup>th</sup> March			
W/C 13 <sup>th</sup> March			
W/C 20 <sup>th</sup> March			
W/C 27 <sup>th</sup> March	Fitness tests	Fitness tests	Fitness tests
W/C 17 <sup>th</sup> April	fielding	fielding	fielding
W/C 24 <sup>th</sup> April			
W/C 1 <sup>st</sup> May			
W/C 8 <sup>th</sup> May			
w/c 15 <sup>th</sup> May			
w/c 22 <sup>nd</sup> May			
w/c 5 <sup>th</sup> June	Athletics	Athletics	athletics
w/c 12 <sup>th</sup> June			
w/c 19 <sup>th</sup> June			
w/c 26 <sup>th</sup> June			
w/c 3 <sup>rd</sup> July	Opt 1: Badminton	Opt 2: volleyball	Opt 3: cricket
w/c 10 <sup>th</sup> July			
w/c 17 <sup>th</sup> July			

