

Programme of Study – Year 10

Week beg	Year 10– 1 lesson per fortnight (same lesson for a half term, approx 3 lesson in total)		
	Girls	Boys	Mixed
5/9 12/9	BB (Gym)	FB (out)	Bad (SH)
19/9 26/9			
3/10 10/10			
17/10			
24/10			
31/10 7/11	PPE NB (out)	PPE FB (out)	PPE TT(Gym)
14/11 21/11	FIT (FS)	BB (2/3 SH)	TR (1/3 SH)
28/11 5/12			
12/12			
19/12 , 26/12			
2/1 9/1	TR (1/3 SH)	BAD (2/3 SH)	FIT (FS)
16/1 23/1			
30/1 6/2			
13/2			
20/2	BAD (2/3 SH)	FIT or TR (1/3 SH)	BB (Gym)
27/2 6/3	PPE NB (out)	PPE FB (out)	PPE BB (out)
13/3			
20/3 27/3			
3/ 4, 10/4	ATHLETICS – (NO HJ)	ATHLETICS – (NO HJ)	ATHLETICS – (NO HJ)
17/4 24/4	RUN – 100, relay, 400 , 800	THROW – SH, JAV, DISC	JUMP – LJ, TJ
1/5 8/5	JUMP – LJ, TJ	RUN – 100, relay, 400, 800	THROW – SH, JAV, DISC
15/5 22/5	THROW – SH, JAV, DISC	JUMP – LJ, TJ	RUN – 100, relay,400, 800
29/5			
5/6 12/6	RO	SB	KC
19/6 26/6			
3/7 10/7	KC	Cricket	RO
17/7			