

Dear Parents/Carers

KS3 Physical Education January/February 2021

All KS3 pupils will continue to receive 4 lessons of PE over the 2 week timetable.

Yr7 and Yr8 will receive 2 lessons of **football**, 1 lesson of **fitness** and 1 lesson of **orienteering**.

Yr9 will receive 2 lessons of **volleyball**, 1 lesson of **badminton** and 1 lesson of **climbing**.

Fitness will be a mix of indoor circuits and gym activities.

Orienteering will always be outdoors.

Football will always be outdoors (weather and pitches permitting).

Football lessons require boots, shin pads and log blue school PE socks.

School jumpers are not to be worn for any PE lessons.

Black or dark blue sports tops (not hoodies) and base layers may be worn for warmth.

Black or dark blue waterproof/windproof sports tops may also be worn.

Please be aware that all PE lessons may be subject to change due to ongoing Covid 19 restrictions and the availability of facilities and changing rooms.

WEEK 1	M	T	W	T	F
7-1	Football	Orienteering		Fitness	
7-2		Fitness		Football	
7-3				Football	Fitness
8-1					Football
8-2		Fitness			Orienteering
8-3				Orienteering	Football
9-1	Volleyball			Climbing	

9-2	Volleyball		Climbing	Volleyball	
9-3		Volleyball	Volleyball		

WEEK 2	M	T	W	T	F
7-1					Football
7-2		Orienteering			Football
7-3		Orienteering			Football
8-1	Fitness		Orienteering		Football
8-2			Football		Football
8-3			Football	Fitness	
9-1	Badminton			Volleyball	
9-2			Badminton		
9-3				Climbing	Badminton