

PHYSICAL EDUCATION – Spring Term 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lesson 1 9.10 – 10.15						
Lesson 2 10.15 – 11.20	MIDDLE SCHOOLROOM B1 Swimming / fitness GT/KN B2 Fitness / swimming KN/GT G1 Netball RAR G2 Netball BC AD		LOWER SCHOOLROOM B1 Football BC B2 Fitness / Basketball ARB G1 Netball RAR G2 Netball VW AD	LOWER SENIOR B1 Running / Hard court games BC B2 Fitness / Volleyball GT B3 Hard court games/water polo AB G1 Badminton / football VW G2 Netball / Volleyball KH KN	LOWER SENIOR B1 Basketball / fitness AB B2 Football GT B3 Football / Badminton BC G1 Water polo / fitness KH G2 Fitness / indoor cricket KN AD, TB	MIDDLE SCHOOLROOM B1 Indoor Athletics / football BC B2 running / Indoor athletics KN G1 Indoor athletics / swimming KH G2 swimming / indoor athletics VW GT
Lesson 3 11.45 – 12.50	LOWER SCHOOLROOM B1 Gymnastics / fitness GT/KN B2 fitness / Gymnastics KN/GT G1 Swimming / Dance KH G2 Dance / swimming RAR TB	UPPER SCHOOLROOM B1 Swimming / Badminton GT B2 Badminton / Football (YSJ) BC G1 Football (YSJ) / Swimming KN /KH G2 Fitness / Netball VW 1 AD	MIDDLE SCHOOLROOM B1 Football (YSJ) / basketball BC/AB B2 Football (JYS) / hard court games KN G1 Badminton / Football (YSJ) AB/BC G2 Badminton / Football (YSJ) RR TB	UPPER SENIOR B Basketball GT B Football (YSJ) AB B Table tennis KN G Football (YSJ) KH G Water polo BC G Yoga VW TB & AD		LOWER SCHOOLROOM B1 Basketball / cricket BC / KN B2 Football / cricket GT G 1 Fitness / Football VW 2 Fitness / Football KN /BC TB & AD
Lesson 4 13.50 – 14.55			COLLEGE (options) Badminton ARB Swimming MG Fitness VW/EHG Team Football GT, TB 2 nd XI football SE Netball RR, KH Climbing (Red goat) JT Basketball AB Volleyball AD Table tennis KN Yoga Jake /MA			
Lesson 5 14.55 – 16.00	UPPER SENIOR B Football GT B Fitness KN B Water polo BC B Badminton RR B Volleyball KH B fitness AD TB	LOWER SENIOR B1 Football AB B2 Water polo / Basketball BC B3 Fitness GT G1 Netball RR G2 Badminton / swimming VW/KN AD	UPPER SCHOOLROOM B1 Football /Basketball AB GT B2 Fitness / Water polo BC G1 Netball / Fitness KH / VW G2 Badminton / football VW/KH TB			‘Sport / Sport ‘ indicates a switch at half-term