



Clacton County High School

Physical Education Department - Practical Activity Timetable



Year 8 Practical - 2023 / 2024

AUTUMN Half-Term 1 (Sept/Oct)

Class	Activity Lesson 1 - Monday P4	Activity Lesson 2 - Tuesday P1
8x/Pe1	Table Tennis	Football
8x/Pe2	Football	Basketball
8x/Pe3	Basketball	Handball
8x/Pe4	Netball	Swimming
8x/Pe5	Handball	Gymnastics
8x/Pe6	Swimming	Dance - Girls

AUTUMN Half-Term 2 (Nov/Dec)

Class	Activity Lesson 1 - Monday P4	Activity Lesson 2 - Tuesday P1
8x/Pe1	Rugby	Fitness
8x/Pe2	Badminton	Rugby
8x/Pe3	Swimming	Dance - Boys
8x/Pe4	Gymnastics	Badminton
8x/Pe5	Table Tennis	Swimming
8x/Pe6	Fitness	Gymnastics

Activity Lesson 1 - Tuesday P2

Class	Activity Lesson 1 - Tuesday P2	Activity Lesson 2 - Friday P2
8y/Pe1	Football	Table Tennis
8y/Pe2	Basketball	Football
8y/Pe3	Handball	Basketball
8y/Pe4	Swimming	Netball
8y/Pe5	Gymnastics	Handball
8y/Pe6	Dance - Girls	Swimming

Activity Lesson 1 - Tuesday P2

Class	Activity Lesson 1 - Tuesday P2	Activity Lesson 2 - Friday P2
8y/Pe1	Rugby	Fitness
8y/Pe2	Badminton	Rugby
8y/Pe3	Swimming	Dance - Boys
8y/Pe4	Gymnastics	Badminton
8y/Pe5	Table Tennis	Swimming
8y/Pe6	Fitness	Gymnastics

SPRING Half-Term 1 (Jan/Feb)

Class	Activity Lesson 1 - Monday P4	Activity Lesson 2 - Tuesday P1
8x/Pe1	Swimming	Gymnastics
8x/Pe2	Gymnastics	Swimming
8x/Pe3	Table Tennis	Fitness
8x/Pe4	Football	Dance - Girls
8x/Pe5	Fitness	Netball
8x/Pe6	Badminton	Handball

SPRING Half-Term 2 (Feb/Mar)

Class	Activity Lesson 1 - Monday P4	Activity Lesson 2 - Tuesday P1
8x/Pe1	Basketball	Dance - Boys
8x/Pe2	Table Tennis	Fitness
8x/Pe3	Kwik Cricket	Gymnastics
8x/Pe4	Fitness	Table Tennis
8x/Pe5	Gymnastics	Football
8x/Pe6	Netball	Basketball

Activity Lesson 1 - Tuesday P2

Class	Activity Lesson 1 - Tuesday P2	Activity Lesson 2 - Friday P2
8y/Pe1	Swimming	Gymnastics
8y/Pe2	Gymnastics	Swimming
8y/Pe3	Table Tennis	Fitness
8y/Pe4	Football	Dance - Girls
8y/Pe5	Fitness	Netball
8y/Pe6	Badminton	Handball

Activity Lesson 1 - Tuesday P2

Class	Activity Lesson 1 - Tuesday P2	Activity Lesson 2 - Friday P2
8y/Pe1	Basketball	Kwik Cricket
8y/Pe2	Table Tennis	Fitness
8y/Pe3	Kwik Cricket	Football
8y/Pe4	Fitness	Table Tennis
8y/Pe5	Football	Dance - Girls
8y/Pe6	Netball	Basketball

SUMMER Half-Term 1 (April/May)

Class	Activity Lesson 1 - Monday P4	Activity Lesson 2 - Tuesday P1
8x/Pe1	Athletics Track	Athletics Field
8x/Pe2	Athletics Field	Athletics Track
8x/Pe3	Athletics Track	Athletics Field
8x/Pe4	Athletics Field	Athletics Track
8x/Pe5	Athletics Track	Athletics Field
8x/Pe6	Athletics Field	Athletics Track

SUMMER Half-Term 2 (June/July)

Class	Activity Lesson 1 - Monday P4	Activity Lesson 2 - Tuesday P1
8x/Pe1	Rounders	Handball
8x/Pe2	Rounders	Dance - Boys
8x/Pe3	Gymnastics	Rounders
8x/Pe4	Handball	Rounders
8x/Pe5	Rounders	Basketball
8x/Pe6	Football	Rounders

Activity Lesson 1 - Tuesday P2

Class	Activity Lesson 1 - Tuesday P2	Activity Lesson 2 - Friday P2
8y/Pe1	Athletics Track	Athletics Field
8y/Pe2	Athletics Field	Athletics Track
8y/Pe3	Athletics Track	Athletics Field
8y/Pe4	Athletics Field	Athletics Track
8y/Pe5	Athletics Track	Athletics Field
8y/Pe6	Athletics Field	Athletics Track

Activity Lesson 1 - Tuesday P2

Class	Activity Lesson 1 - Tuesday P2	Activity Lesson 2 - Friday P2
8y/Pe1	Rounders	Handball
8y/Pe2	Rounders	Dance - Boys
8y/Pe3	Gymnastics	Rounders
8y/Pe4	Handball	Rounders
8y/Pe5	Rounders	Basketball
8y/Pe6	Football	Rounders