



Clacton County High School

Physical Education Department - Practical Activity Timetable



Year 7 Practical - 2023 / 2024

AUTUMN Half-Term 1 (2nd part - Oct)

Class	Activity Lesson 1 - Wednesday P3	Activity Lesson 2 - Thursday P2
7x/Pe1	Football	Football
7x/Pe2	Football	Football
7x/Pe3	Basketball	Basketball
7x/Pe4	Netball	Netball
7x/Pe5	Handball	Handball
7x/Pe6	Swimming	Swimming

	Activity Lesson 1 - Monday P2	Activity Lesson 2 - Friday P1
7y/Pe1	Football	Football
7y/Pe2	Football	Football
7y/Pe3	Basketball	Basketball
7y/Pe4	Netball	Netball
7y/Pe5	Handball	Handball
7y/Pe6	Swimming	Swimming

AUTUMN Half-Term 2 (Nov/Dec)

Class	Activity Lesson 1 - Wednesday P3	Activity Lesson 2 - Thursday P2
7x/Pe1	Swimming	Rugby
7x/Pe2	Badminton	Rugby
7x/Pe3	Table Tennis	Fitness
7x/Pe4	Gymnastics	Badminton
7x/Pe5	Dance - Girls	Netball
7x/Pe6	Fitness	Gymnastics

	Activity Lesson 1 - Monday P2	Activity Lesson 2 - Friday P1
7y/Pe1	Rugby	Fitness
7y/Pe2	Badminton	Rugby
7y/Pe3	Swimming	Table Tennis
7y/Pe4	Gymnastics	Badminton
7y/Pe5	Dance - Girls	Netball
7y/Pe6	Fitness	Gymnastics

SPRING Half-Term 1 (Jan/Feb)

Class	Activity Lesson 1 - Wednesday P3	Activity Lesson 2 - Thursday P2
7x/Pe1	Basketball	Gymnastics
7x/Pe2	Gymnastics	Fitness
7x/Pe3	Swimming	Badminton
7x/Pe4	Dance - Girls	Football
7x/Pe5	Fitness	Swimming
7x/Pe6	Badminton	Netball

	Activity Lesson 1 - Monday P2	Activity Lesson 2 - Friday P1
7y/Pe1	Swimming	Gymnastics
7y/Pe2	Gymnastics	Fitness
7y/Pe3	Football	Badminton
7y/Pe4	Dance - Girls	Football
7y/Pe5	Fitness	Swimming
7y/Pe6	Badminton	Netball

SPRING Half-Term 2 (Feb/Mar)

Class	Activity Lesson 1 - Wednesday P3	Activity Lesson 2 - Thursday P2
7x/Pe1	Fitness	Kwik Cricket
7x/Pe2	Table Tennis	Swimming
7x/Pe3	Football	Gymnastics
7x/Pe4	Swimming	Basketball
7x/Pe5	Gymnastics	Football
7x/Pe6	Dance - Girls	Table Tennis

	Activity Lesson 1 - Monday P2	Activity Lesson 2 - Friday P1
7y/Pe1	Basketball	Kwik Cricket
7y/Pe2	Table Tennis	Swimming
7y/Pe3	Fitness	Gymnastics
7y/Pe4	Swimming	Basketball
7y/Pe5	Gymnastics	Football
7y/Pe6	Dance - Girls	Table Tennis

SUMMER Half-Term 1 (April/May)

Class	Activity Lesson 1 - Wednesday P3	Activity Lesson 2 - Thursday P2
7x/Pe1	Athletics Track	Athletics Field
7x/Pe2	Athletics Field	Athletics Track
7x/Pe3	Athletics Track	Athletics Field
7x/Pe4	Athletics Field	Athletics Track
7x/Pe5	Athletics Track	Athletics Field
7x/Pe6	Athletics Field	Athletics Track

	Activity Lesson 1 - Monday P2	Activity Lesson 2 - Friday P1
7y/Pe1	Athletics Track	Athletics Field
7y/Pe2	Athletics Field	Athletics Track
7y/Pe3	Athletics Track	Athletics Field
7y/Pe4	Athletics Field	Athletics Track
7y/Pe5	Athletics Track	Athletics Field
7y/Pe6	Athletics Field	Athletics Track

SUMMER Half-Term 2 (June/July)

Class	Activity Lesson 1 - Wednesday P3	Activity Lesson 2 - Thursday P2
7x/Pe1	Rounders	Basketball
7x/Pe2	Basketball	Rounders
7x/Pe3	Dance - Boys	Rounders
7x/Pe4	Rounders	Handball
7x/Pe5	Rounders	Table Tennis
7x/Pe6	Basketball	Rounders

	Activity Lesson 1 - Monday P2	Activity Lesson 2 - Friday P1
7y/Pe1	Rounders	Basketball
7y/Pe2	Basketball	Rounders
7y/Pe3	Dance - Boys	Rounders
7y/Pe4	Rounders	Handball
7y/Pe5	Rounders	Table Tennis
7y/Pe6	Basketball	Rounders