



Clacton County High School

Physical Education Department - Practical Activity Timetable



Year 9 Practical - 2023 / 2024

AUTUMN Half-Term 1 (Sept/Oct)

Class	Activity Lesson 1 - Tuesday P2	Activity Lesson 2 - Friday P4
9X1	Football	Basketball
9X2	Basketball	Football
9X3	Football	Swimming
9X4	Netball	Gymnastics
9X5	Gymnastics	Fitness

	Activity Lesson 1 - Monday P3	Activity Lesson 2 - Thursday P4
9Y1	Football	Basketball
9Y2	Basketball	Football
9Y3	Netball	Football
9Y4	Football	Basketball

AUTUMN Half-Term 2 (Nov/Dec)

Class	Activity Lesson 1 - Tuesday P2	Activity Lesson 2 - Friday P4
9X1	Fitness	Rugby
9X2	Rugby	Fitness
9X3	Badminton	Table Tennis
9X4	Table Tennis	Badminton
9X5	Netball	Basketball

	Activity Lesson 1 - Monday P3	Activity Lesson 2 - Thursday P4
9Y1	Fitness	Rugby
9Y2	Rugby	Fitness
9Y3	Badminton	Table Tennis
9Y4	Table Tennis	Badminton

SPRING Half-Term 1 (Jan/Feb)

Class	Activity Lesson 1 - Tuesday P2	Activity Lesson 2 - Friday P4
9X1	Badminton/Table Tennis	Swimming
9X2	Swimming	Badminton/Table Tennis
9X3	Basketball	Fitness
9X4	Fitness	Football
9X5	Handball	Table Tennis

	Activity Lesson 1 - Monday P3	Activity Lesson 2 - Thursday P4
9Y1	Badminton/Table Tennis	Swimming
9Y2	Swimming	Badminton/Table Tennis
9Y3	Gymnastics	Fitness
9Y4	Fitness	Gymnastics

SPRING Half-Term 2 (Feb/Mar)

Class	Activity Lesson 1 - Tuesday P2	Activity Lesson 2 - Friday P4
9X1	Handball	Theory Leadership
9X2	Theory Leadership	Handball
9X3	Handball	Theory Leadership
9X4	Theory Leadership	Handball
9X5	Theory Leadership	Badminton

	Activity Lesson 1 - Monday P3	Activity Lesson 2 - Thursday P4
9Y1	Handball	Theory Leadership
9Y2	Theory Leadership	Handball
9Y3	Handball	Theory Leadership
9Y4	Theory Leadership	Handball

SUMMER Half-Term 1 (April/May)

Class	Activity Lesson 1 - Tuesday P2	Activity Lesson 2 - Friday P4
9X1	Athletics	Practical Leadership
9X2	Practical Leadership	Athletics
9X3	Athletics	Practical Leadership
9X4	Practical Leadership	Athletics
9X5	Practical Leadership	Athletics

	Activity Lesson 1 - Monday P3	Activity Lesson 2 - Thursday P4
9Y1	Athletics	Practical Leadership
9Y2	Practical Leadership	Athletics
9Y3	Athletics	Practical Leadership
9Y4	Practical Leadership	Athletics

SUMMER Half-Term 2 (June/July)

Class	Activity Lesson 1 - Tuesday P2	Activity Lesson 2 - Friday P4
9X1	Practical Leadership	Theory Leadership
9X2	Theory Leadership	Practical Leadership
9X3	Practical Leadership	Theory Leadership
9X4	Theory Leadership	Practical Leadership
9X5	Theory Leadership	Practical Leadership

	Activity Lesson 1 - Monday P3	Activity Lesson 2 - Thursday P4
9Y1	Practical Leadership	Theory Leadership
9Y2	Theory Leadership	Practical Leadership
9Y3	Practical Leadership	Theory Leadership
9Y4	Theory Leadership	Practical Leadership