

### Long Term Plan PSA Timetable 2025/26

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## KS4 Core PE – Y11

		Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 1		W/C 25/8	W/C 01/09	W/C 08/09	W/C 15/09	W/C 22/09	W/C 29/09	W/C 06/10	W/C 13/10	W/C 03/11	W/C 10/11	W/C 17/11	W/C 24/11	W/C 01/12
		Training days									Data days 13/11 + 14/11	Mock exam fortnight		
	Single		Netball, Basketball Football Cricket Softball Dance	Netball, Basketball Football Cricket Softball Dance	Netball, Basketball Football Cricket Softball Dance	Netball, Basketball Football Cricket Softball Dance	Netball, Basketball Football Cricket Softball Dance	Netball, Basketball Football Cricket Softball Dance	Netball, Basketball Football Cricket Softball Dance	Badminton Dance Netball Football Trampoline Rugby	Badminton Dance Netball Football Trampoline Rugby	Badminton Dance Netball Football Trampoline Rugby	Badminton Dance Netball Football Trampoline Rugby	Badminton Dance Netball Football Trampoline Rugby
	BTEC Class		Football	Cricket	Basketball	Rugby	Isolated practices- Football	Isolated practices- Rugby	Isolated practices- Basketball	Isolated practices- Cricket	Lesson Delivery	Lesson Delivery	Lesson Delivery	Free weight Training
Cycle 2		W/C 08/12	W/C 15/12	W/C 05/01	W/C 12/01	W/C 19/01	W/C 26/01	W/C 02/02	W/C 9/02	W/C 23/02	W/C 01/03	W/C 9/03	W/C 16/03	W/C 23/03
									Trust conference 13/02		Data days 05/03 + 06/03	Mock exam fortnight		
	Single	Badminton Dance Netball Football Trampoline Rugby	Badminton Dance Netball Football Trampoline Rugby	Basketball Fitness Football Trampoline Handball Rugby	Basketball Fitness Football Trampoline Handball Rugby	Basketball Fitness Football Trampoline Handball Rugby	Basketball Fitness Football Trampoline Handball Rugby	Basketball Fitness Football Trampoline Handball Rugby	Basketball Fitness Football Trampoline Handball Rugby	Softball Rounders Cricket Athletics Netball Handball	Softball Rounders Cricket Athletics Netball Handball	Softball Rounders Cricket Athletics Netball Handball	Softball Rounders Cricket Athletics Netball Handball	Softball Rounders Cricket Athletics Netball Handball
	BTEC Class	Resistance drills	Fartlek Training	Interval Training	Continuous training - Gym	Speed training	Plyometric Training- Gym	Fitness testing- Agility	Fitness testing- Balance	Fitness testing- Coordination	Fitness testing- Power	Fitness testing- Reaction time	Fitness testing- Aerobic Endurance	Fitness testing- Aerobic endurance
Cycle 3		W/C 30/03	W/C 20/04	W/C 27/04	W/C 04/05	W/C 11/05	W/C 18/05	W/C 01/06	W/C 08/06	W/C 15/06	W/C 22/06	W/C 29/06	W/C 06/07	W/C 13/07
		Bank holiday 03/04			May bank holiday 04/05									
	Single	Softball Rounders Cricket Athletics Netball Handball	Short Tennis Softball Rounders Cricket Athletics Netball	Short Tennis Softball Rounders Cricket Athletics Netball	Short Tennis Softball Rounders Cricket Athletics Netball	Short Tennis Softball Rounders Cricket Athletics Netball	Short Tennis Softball Rounders Cricket Athletics Netball	Softball Rounders Cricket Athletics Football Handball	Softball Rounders Cricket Athletics Football Handball	Softball Rounders Cricket Athletics Football Handball	Softball Rounders Cricket Athletics Football Handball			
	BTEC Class	Fitness testing- Muscular Endurance	Fitness testing- Body composition	Fitness testing- Flexibility/ Speed	Fitness testing- Muscular strength	Football	Football	Cricket	Football	Football				



	Single	Trampolining -FA Leaders award -Duke of Edinburgh -Rowing -Sports Leaders Award -Fitness	-Cricket -FA Leaders award -Duke of Edinburgh -Rowing -Sports Leaders Award -Rounders	-Cricket -FA Leaders award -Duke of Edinburgh -Rowing -Sports Leaders Award -Rounders	-Cricket -FA Leaders award -Duke of Edinburgh -Rowing -Sports Leaders Award -Rounders	-Cricket -FA Leaders award -Duke of Edinburgh -Rowing -Sports Leaders Award -Rounders	-Cricket -FA Leaders award -Duke of Edinburgh -Rowing -Sports Leaders Award -Rounders	-FA Leaders award -Duke of Edinburgh -Rowing -Sports Leaders Award -Softball -Athletics	-FA Leaders award -Duke of Edinburgh -Rowing -Sports Leaders Award -Softball -Athletics	-FA Leaders award -Duke of Edinburgh -Rowing -Sports Leaders Award -Softball -Athletics	-FA Leaders award -Duke of Edinburgh -Rowing -Sports Leaders Award -Softball -Athletics	-FA Leaders award -Duke of Edinburgh -Rowing -Sports Leaders Award -Softball -Athletics	-FA Leaders award -Duke of Edinburgh -Rowing -Sports Leaders Award -Softball -Athletics	-FA Leaders award -Duke of Edinburgh -Rowing -Sports Leaders Award -Softball -Athletics
	BTEC Class	Warm up delivery	Warm up delivery	Warm up delivery	Football	Football	Netball	Lacrosse	Rounders	Cricket	Basketball	Tag Rugby	Athletics	Athletics

# KS3 Core PE

		Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 1		W/C 25/8	W/C 01/09	W/C 08/09	W/C 15/09	W/C 22/09	W/C 29/09	W/C 06/10	W/C 13/10	W/C 03/11	W/C 10/11	W/C 17/11	W/C 24/11	W/C 01/12
		Training days									Data days 13/11 + 14/11	Mock exam fortnight		
	Girls		Netball Rugby Union Rowing	Netball Rugby Union Rowing	Netball Rugby Union Rowing	Netball Rugby Union Rowing	Netball Rugby Union Rowing	Netball Rugby Union Rowing	Netball Rugby Union Rowing	Basketball Gymnastics Rugby Union Football	Basketball Gymnastics Rugby Union Football	Basketball Gymnastics Dance Football Trampolining	Basketball Gymnastics Dance Football Trampolining	Basketball Gymnastics Dance Football Trampolining
	Boys		Football Basketball Rugby Union	Football Basketball Rugby Union	Football Basketball Rugby Union	Football Basketball Rugby Union	Football Basketball Rugby Union	Football Basketball Rugby Union	Football Basketball Rugby Union	Dance Handball Rowing	Dance Handball Rowing	Dance Handball Rowing	Dance Handball Rowing	Dance Handball Rowing
Cycle 2		W/C 08/12	W/C 15/12	W/C 05/01	W/C 12/01	W/C 19/01	W/C 26/01	W/C 02/02	W/C 9/02	W/C 23/02	W/C 01/03	W/C 9/03	W/C 16/03	W/C 23/03
									Trust conference 13/02		Data days 05/03 + 06/03	Mock exam fortnight		
	Girls	Basketball Gymnastics Dance Football Trampolining	Basketball Gymnastics Dance Football Trampolining	Dance Football Handball	Dance Football Handball	Dance Football Handball	Dance Football Handball	Dance Football Handball	Dance Football Handball	Lacrosse Badminton Football	Lacrosse Badminton Football	Lacrosse Badminton Football	Lacrosse Badminton Football	Lacrosse Badminton Football
	Boys	Dance Handball Rowing	Dance Handball Rowing	Badminton Gymnastics Trampolining	Badminton Gymnastics Trampolining	Badminton Gymnastics Trampolining	Badminton Gymnastics Trampolining	Badminton Gymnastics Trampolining	Badminton Gymnastics Trampolining	Dance RugbyLeague Lacrosse	Dance RugbyLeague Lacrosse	Dance RugbyLeague Lacrosse	Dance RugbyLeague Lacrosse	Dance RugbyLeague Lacrosse
Cycle 3		W/C 30/03	W/C 20/04	W/C 27/04	W/C 04/05	W/C 11/05	W/C 18/05	W/C 01/06	WC 08/06	W/C 15/06	W/C 22/06	W/C 29/06	W/C 06/07	W/C 13/07
		Bank holiday 03/04			May bank holiday 04/05									
	Girls	Lacrosse Badminton Football	Rounder's Athletics	Rounder's Athletics	Rounder's Athletics	Rounder's Athletics	Rounder's Athletics	Softball Short Tennis Athletics	Softball Short Tennis Athletics	Softball Short Tennis Athletics	Softball Short Tennis Athletics	Softball Short Tennis Athletics	Softball Short Tennis Athletics	Frisbee Danish Long ball Trampolining
	Boys	Dance RugbyLeague Lacrosse	Athletics Softball Short Tennis	Athletics Softball Short Tennis	Athletics Softball Short Tennis	Athletics Softball Short Tennis	Athletics Softball Short Tennis	Athletics Cricket	Athletics Cricket	Athletics Cricket	Athletics Cricket	Athletics Cricket	Athletics Cricket	Frisbee Danish Long ball Trampolining

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