

**Curriculum Plan 2009-10**

**Year 7**

	Block 1	Block 2	Block 3	Block 4	Block 5	Block 6
Boys Games Tues Lesson 2	Football	Rugby	Rugby Ball Skills	Table Tennis Cricket	Athletics	Softball
Girls Games Tues Lesson 2	Netball	Badminton Table Tennis	Football Ball Skills	Touch Rugby Uni-Hoc	Athletics	Rounders
Group 1 PE Tues Lesson 6 Miss Meredith	Swimming	Hockey	Basketball	HRF Nature Trail	Beach HRF	Softball
Group 2 PE Tues Lesson 6 Mrs Vaudin	Basketball	Hockey	HRF	Gymnastics	Beach HRF	Softball
Group 3 PE Tues Lesson 6 Mr Flint	Uni-Hoc	Gymnastics	HRF Nature Trail	Indoor Striking	Beach HRF	Rounders
Group 1 PE Thurs Lesson 3 Mr Flint	Swimming	Hockey	Basketball	HRF Nature Trail	Beach HRF	Softball
Group 2 PE Thurs Lesson 3 Miss Meredith	Basketball	Hockey	HRF	Gymnastics	Beach HRF	Softball
Group 3 PE Thurs Lesson 3 Mrs Vaudin	Uni-Hoc	Gymnastics	HRF Nature Trail	Indoor Striking	Beach HRF	Rounders

**Year 8****Curriculum Plan 2009-10**

	Block 1	Block 2	Block 3	Block 4	Block 5	Block 6
Boys Games Fri Lesson 4	Football	Rugby	Rugby Ball Skills	Table Tennis Cricket	Athletics	Softball
Girls Games Fri Lesson 4	Netball	Badminton Table Tennis	Football Ball Skills	Touch Rugby Uni-Hoc	Athletics	Rounders
Group 1 PE Weds Lesson 3 Mr Flint	Swimming	Hockey	Basketball	HRF Nature Trail	Beach HRF	Softball
Group 2 PE Weds Lesson 3 Mrs Vaudin	Basketball	Hockey	HRF	Gymnastics	Beach HRF	Softball
Group 3 PE Weds Lesson 3 Mrs Windham	Uni-Hoc	Gymnastics	HRF Nature Trail	Indoor Striking	Beach HRF	Rounders
Group 1 PE Mon Lesson 4 Mr Sinkinson	Swimming	Hockey	Basketball	HRF Nature Trail	Beach HRF	Softball
Group 2 PE Mon Lesson 4 Mrs Windham	Hockey	Basketball	HRF	Gymnastics	Beach HRF	Softball
Group 3 PE Mon Lesson 4 Mr Davies	Gymnastics	Striking Games	HRF Nature Trail	Indoor Striking	Beach HRF	Rounders

**Year 9****Curriculum Plan 2009-10**

	Block 1	Block 2	Block 3	Block 4	Block 5	Block 6
Boys Games Tues Lesson 5	Football	Rugby	Rugby Ball Skills	Table Tennis Cricket	Athletics	Softball
Girls Games Tues Lesson 5	Netball	Badminton Table Tennis	Football Ball Skills	Touch Rugby Uni-Hoc	Athletics	Rounders
Group 1 PE Thurs Lesson 2 Miss Meredith	Swimming	Hockey	Basketball	HRF Nature Trail	Beach HRF	Softball
Group 2 PE Thurs Lesson 2 Mrs Windham	Basketball	Hockey	HRF	Gymnastics	Beach HRF	Softball
Group 3 PE Thurs Lesson 2 Mr Flint	Uni-Hoc	Gymnastics	HRF Nature Trail	Indoor Striking	Beach HRF	Rounders
Group 1 PE Fri Lesson 3 Mr Flint	Swimming	Hockey	Basketball	HRF Nature Trail	Beach HRF	Softball
Group 2 PE Fri Lesson 3 Mrs Windham	Basketball	Hockey	HRF	Gymnastics	Beach HRF	Softball
Group 3 PE Fri Lesson 3 Mr Davies	Uni-Hoc	Gymnastics	HRF Nature Trail	Indoor Striking	Beach HRF	Rounders

**NAME:** \_\_\_\_\_

**Year 10 Wednesday 5 and 6**

<b>Block 1</b>	<b>Block 2</b>	<b>Block 3</b>	<b>Block 4</b>	<b>Block 5</b>	<b>Block 6</b>
Fitness Factory KV	5-A side (BSJ)	Futsal (ICG)	Table Tennis (HP)	Softball	Softball
Basketball (gym) DF	Spinning (BSJ)	Badminton (Rohais)	Uni-Hoc (gym)	Cricket (ICG)	Cricket (ICG)
BadmintonRohais RS	Badminton (Rohais)	Fitness Factory	Circuits (hall)	Rounders	Rounders
Netball (courts) JM	Fitness Factory	Boxercise (gym)	Spinning (BSJ)	Sailing	Sailing
Sailing WS	Boxercise (gym)	HRF (beach)	Fitness Factory	HRF (Beach)	Water Polo
Climbing LW	Climbing	Spinning (BSJ)	Bowling (Bowl)	Fitness Factory	Triathlon

In each Block write 1 next to your first choice, 2 next to your second choice and draw a line through one activity you really do not want to do. You will be assigned to groups based on behaviour this year. You will be removed from any option should your behaviour be unsatisfactory.

- **Fitness Factory:** Learn how to use the machines at the gym. Get a programme together and train each week to improve.
- **Basketball:** Make sure you chose basketball in block 1 if you want to play for the school this year.
- **Badminton:** Use the badminton halls at Rohais, learn new skills, play singles and doubles tournaments.
- **Netball:** If you are doing GCSE PE and you think netball is one of your best sports you must chose netball in block 1.
- **Sailing:** Learn how to sail a variety of boats, a great opportunity.
- **Climbing:** Use the indoor climbing wall at a variety of venues around the island.
- **5-A-Side:** Set up and play in your own league.
- **Spinning:** Develop your cardio-vascular fitness on the bikes at beau sejour. You will be in a room with 20 other bikers working to the instructors command. A brilliant activity, this should be popular.
- **Boxercise:** Use the gloves and pads with an instructor. This is not a boxing lesson; it is a bit like aerobics with boxing skills.
- **Futsal:** This is a Brazilian indoor football game played on the ICG indoor astro. It involves a small heavy ball, good for skill development.
- **HRF Beach:** We will be running down to the beach and training on the sand. We will be playing games, and perhaps going into the sea.
- **Table Tennis:** Use the world class facilities at the Hogue De Pommier Table Tennis Centre. Learn new skills, play singles and doubles tournaments
- **Circuits:** Set up and design your own circuits. Chose the exercises and the music!
- **Bowling:** Play 10 pin bowling at the Guernsey indoor bowling alley.
- **Softball:** Play and train in the fastest growing summer sport on the island.
- **Cricket:** Use the world class facility at the ICG. Use the nets and bowling machines.
- **Rounders:** Practice your skills then get into some games. Get ready for the inter-schools tournament.
- **Water Polo:** Learn the skills and rules then get into some matches in the LMDC pool. It's a bit like netball in water.
- **Triathlon:** Ride your bike, running then swim in the sea/pool. Excellent activity for those who want to improve their fitness.

**NAME:**

**Year 11 Options Fridays 5 and 6**

<b>Block 1</b>	<b>Block 2</b>	<b>Block 3</b>	<b>Block 4</b>
Fitness Factory KV	5-A side (BSJ)	Futsal (ICG)	Table Tennis (HP)
Basketball (gym) DF	Ultimate (ICG)	Badminton (Rohias)	Uni-Hoc (gym)
BadmintonRohais ED	Badminton (Rohais)	Judo (Hall)	Judo(hall)
Netball (courts) JM	Judo (Hall)	Boxercise (gym)	Spinning (BSJ)
Sailing LW	Boxercise (gym)	HRF (beach)	Fitness Factory
Cliff Walking RS	Climbing	Spinning (BSJ)	Bowling x2 (Bowl)
Bowling (bowl) JD	Fitness Factory	Fitness Factory	Cricket ICG
Judo (hall) MB	Orienteering	Orienteering	

In each Block write 1 next to your first choice, 2 next to your second choice and draw a line through one activity you really do not want to do. You will be assigned to groups based on behaviour this year. You will be removed from any option should your behaviour be unsatisfactory.

- **Cliff Walking:** Get on the bus down to the south coast and develop your fitness at a steady pace.
- **Fitness Factory:** Learn how to use the machines at the gym. Get a programme together and train each week to improve.
- **Basketball:** Make sure you chose basketball in block 1 if you want to play for the school this year.
- **Badminton:** Use the badminton halls at Rohais, learn new skills, play singles and doubles tournaments.
- **Netball:** If you are doing GCSE PE and you think netball is one of your best sports you must chose netball in block 1.
- **Sailing:** Learn how to sail a variety of boats, a great opportunity.
- **Climbing:** Use the indoor climbing wall at a variety of venues around the island.
- **5-A-Side:** Set up and play in your own league.
- **Spinning:** Develop your cardio-vascular fitness on the bikes at beau sejour. You will be in a room with 20 other bikers working to the instructors command. A brilliant activity, this should be popular.
- **Boxercise:** Use the gloves and pads with an instructor. This is not a boxing lesson; it is a bit like aerobics with boxing skills.
- **Futsal:** This is a Brazilian indoor football game played on the ICG indoor astro. It involves a small heavy ball, good for skill development.
- **HRF Beach:** We will be running down to the beach and training on the sand. We will be playing games, and perhaps going into the sea.
- **Table Tennis:** Use the world class facilities at the Hogue De Pommier Table Tennis Centre. Learn new skills, play singles and doubles tournaments
- **Circuits:** Set up and design your own circuits. Chose the exercises and the music!
- **Bowling:** Play 10 pin bowling at the Guernsey indoor bowling alley.
- **Cricket:** Use the world class facility at the ICG. Use the nets and bowling machines.
- **Judo:** Be taught by an expert, learn the art of judo. Great for strength development, balance and mental training.

## Groupings

### Year 7-9

Games groups will be single sex ability based groups. 3 groups of boys and 3 groups of girls  
PE groups will be ability based but mixed sex. The low ability groups in PE and Games will be smaller.  
Groups will be on the notice boards and remain the same with the same staff throughout the year.

### Years 10 – 11

Pupils will select there activities and therefore be in a different group for each activity.