

Year 7 Practical - 2025 / 2026

Through the teacher led approach, to develop an understanding and be able to perform a range of skills and techniques in a range of sporting activities.

AUTUMN Half-Term 1		
<i>*Activities to start in week commencing 22nd September.</i> <i>*Students will need regular PE kit for the first two weeks.</i>		
Class	Activity Lesson 1 Week A - Monday P1 Week B - Monday P1	Activity Lesson 2 Week A - Wednesday P2 Week B - Wednesday P2
7x/Pe1		Football*
7x/Pe2		Swimming*
7x/Pe3		Fitness*
7x/Pe4		Netball*
7x/Pe5		Artistic Movement*
7x/Pe6		Table Tennis/Badminton/Volleyball/Squash*

	Activity Lesson 1 Week A - Thursday P3 Week B - Monday P3	Activity Lesson 2 Week A - Friday P4 Week B - Friday P4
7y/Pe1		Football*
7y/Pe2		Swimming*
7y/Pe3		Fitness*
7y/Pe4		Netball*
7y/Pe5		Artistic Movement*
7y/Pe6		Table Tennis/Badminton/Volleyball/Squash*

AUTUMN Half-Term 2 (Nov/Dec)		
Class	Activity Lesson 1 Week A - Monday P1 Week B - Monday P1	Activity Lesson 2 Week A - Wednesday P2 Week B - Wednesday P2
7x/Pe1	Artistic Movement	Rugby/Touch Union
7x/Pe2	Football	Rugby/Touch Union
7x/Pe3	Handball/Basketball	Artistic Movement
7x/Pe4	Table Tennis/Badminton/Volleyball/Squash	Fitness
7x/Pe5	Swimming	Table Tennis/Badminton/Volleyball/Squash
7x/Pe6	Netball	Swimming

	Activity Lesson 1 Week A - Thursday P3 Week B - Monday P3	Activity Lesson 2 Week A - Friday P4 Week B - Friday P4
7y/Pe1	Artistic Movement	Rugby/Touch Union
7y/Pe2	Football	Rugby/Touch Union
7y/Pe3	Handball/Basketball	Artistic Movement
7y/Pe4	Table Tennis/Badminton/Volleyball/Squash	Fitness
7y/Pe5	Swimming	Table Tennis/Badminton/Volleyball/Squash
7y/Pe6	Netball	Swimming

SPRING Half-Term 1 (Jan/Feb)		
Class	Activity Lesson 1 Week A - Monday P1 Week B - Monday P1	Activity Lesson 2 Week A - Wednesday P2 Week B - Wednesday P2
7x/Pe1	Swimming	Netball
7x/Pe2	Netball	Table Tennis/Badminton/Volleyball/Squash
7x/Pe3	Table Tennis/Badminton/Volleyball/Squash	Swimming
7x/Pe4	Football	Artistic Movement
7x/Pe5	Handball/Basketball	Fitness
7x/Pe6	Fitness	Handball/Basketball

	Activity Lesson 1 Week A - Thursday P3 Week B - Monday P3	Activity Lesson 2 Week A - Friday P4 Week B - Friday P4
7y/Pe1	Swimming	Netball
7y/Pe2	Netball	Table Tennis/Badminton/Volleyball/Squash
7y/Pe3	Table Tennis/Badminton/Volleyball/Squash	Swimming
7y/Pe4	Football	Artistic Movement
7y/Pe5	Handball/Basketball	Fitness
7y/Pe6	Fitness	Handball/Basketball

SPRING Half-Term 2 (Feb/Mar)		
Class	Activity Lesson 1 Week A - Monday P1 Week B - Monday P1	Activity Lesson 2 Week A - Wednesday P2 Week B - Wednesday P2
7x/Pe1	Fitness	Handball/Basketball
7x/Pe2	Handball/Basketball	Fitness
7x/Pe3	Netball	Rugby/Touch Union
7x/Pe4	Rugby/Touch Union	Swimming
7x/Pe5	Football	Rugby/Touch Union
7x/Pe6	Rugby/Touch Union	Football

	Activity Lesson 1 Week A - Thursday P3 Week B - Monday P3	Activity Lesson 2 Week A - Friday P4 Week B - Friday P4
7y/Pe1	Fitness	Handball/Basketball
7y/Pe2	Handball/Basketball	Fitness
7y/Pe3	Netball	Rugby/Touch Union
7y/Pe4	Rugby/Touch Union	Swimming
7y/Pe5	Football	Rugby/Touch Union
7y/Pe6	Rugby/Touch Union	Football

SUMMER Half-Term 1 (April/May)		
Class	Activity Lesson 1 Week A - Monday P1 Week B - Monday P1	Activity Lesson 2 Week A - Wednesday P2 Week B - Wednesday P2
7x/Pe1	Athletics Track	Athletics Field
7x/Pe2	Athletics Track	Artistic Movement
7x/Pe3	Football	Athletics Track
7x/Pe4	Athletics Track	Athletics Field
7x/Pe5	Athletics Field	Netball
7x/Pe6	Athletics Field	Cricket/Rounders

	Activity Lesson 1 Week A - Thursday P3 Week B - Monday P3	Activity Lesson 2 Week A - Friday P4 Week B - Friday P4
7y/Pe1	Athletics Track	Athletics Field
7y/Pe2	Athletics Track	Artistic Movement
7y/Pe3	Football	Athletics Track
7y/Pe4	Athletics Track	Athletics Field
7y/Pe5	Athletics Field	Netball
7y/Pe6	Athletics Field	Cricket/Rounders

SUMMER Half-Term 2 (June/July)		
Class	Activity Lesson 1 Week A - Monday P1 Week B - Monday P1	Activity Lesson 2 Week A - Wednesday P2 Week B - Wednesday P2
7x/Pe1	Cricket/Rounders	Table Tennis/Badminton/Volleyball/Squash
7x/Pe2	Athletics Field	Cricket/Rounders
7x/Pe3	Athletics Field	Cricket/Rounders
7x/Pe4	Handball/Basketball	Cricket/Rounders
7x/Pe5	Cricket/Rounders	Athletics Track
7x/Pe6	Athletics Track	Artistic Movement

	Activity Lesson 1 Week A - Thursday P3 Week B - Monday P3	Activity Lesson 2 Week A - Friday P4 Week B - Friday P4
7y/Pe1	Cricket/Rounders	Table Tennis/Badminton/Volleyball/Squash
7y/Pe2	Athletics Field	Cricket/Rounders
7y/Pe3	Athletics Field	Cricket/Rounders
7y/Pe4	Handball/Basketball	Cricket/Rounders
7y/Pe5	Cricket/Rounders	Athletics Track
7y/Pe6	Athletics Track	Artistic Movement

Football	Navy Polo Shirt, Rugby Top, Blue/Black Shorts, Royal Blue socks, Football boots (shin pads advised, but not compulsory)
Swimming	Swim trunks/shorts/costume (1 piece only - Blue/black colours preferred), goggles, towel Also bring general PE kit (navy polo shirt, blue/black shorts, socks & trainers) in the event that the pool is closed
Fitness	Navy Polo Shirt, Blue/Black Shorts, Royal Blue or white sport socks, trainers
Rugby/Touch Union	Navy Polo Shirt, Rugby/Touch Union Top, Blue/Black Shorts, Royal Blue socks, Football boots, Gum Shield
Table Tennis/Badminton/Volleyball/Squash	Navy Polo Shirt, Blue/Black Shorts, Royal Blue or white sport socks, trainers
Netball	Navy Polo Shirt, Rugby/CCHS Fleece, Blue/Black Shorts, Royal Blue socks, Trainers
Artistic Movement	Navy Polo Shirt, Blue/Black Shorts, Grip socks (if student does not prefer barefoot)
Athletics	Navy Polo Shirt, Blue/Black Shorts, Royal Blue or white sport socks, trainers
Cricket/ Rounders	Navy Polo Shirt, Blue/Black Shorts, Royal Blue or white sport socks, trainers
Handball/Basketball	Navy Polo Shirt, Rugby/CCHS Fleece, Blue/Black Shorts, Royal Blue socks, Trainers

NOTE: Students should have PE kit for all activities even in the event of illness or injury, to be able to support the lesson effectively.