



Clacton County High School

Physical Education Department - Practical Activity Timetable



Year 9 Practical - 2025 / 2026

Through the Sport Education Model perfect the use skills, techniques and tactics by being able to analyse and evaluate own performance and that of an individual and team. Students will undertake a range of practical activities including team games, athletics, gymnastics, swimming and net games, in the role of performer, leader and official and evaluate their own performance, considering ways in which they can improve.

AUTUMN Half-Term 1 (Sept/Oct)		
Class	Activity Lesson 1 Week A - Monday P3 Week B - Wednesday P1	Activity Lesson 2 Week A - Wednesday P4 Week B - Friday P1
9X1	Football	Handball/Basketball
9X2	Handball/Basketball	Football
9X3	Football	Swimming
9X4	Netball	Fitness
9X5	Fitness	Gymnastics

	Activity Lesson 1 Week A - Wednesday P3 Week B - Wednesday P3	Activity Lesson 2 Week A - Thursday P1 Week B - Thursday P1
9Y1	Football	Handball/Basketball
9Y2	Handball/Basketball	Football
9Y3	Football	Swimming
9Y4	Netball	Fitness
9Y5	Fitness	Gymnastics

AUTUMN Half-Term 2 (Nov/Dec)		
Class	Activity Lesson 1 Week A - Monday P3 Week B - Wednesday P1	Activity Lesson 2 Week A - Wednesday P4 Week B - Friday P1
9X1	Fitness	Rugby
9X2	Rugby	Fitness
9X3	Handball/Basketball	Table Tennis/Badminton/Volleyball/Squash
9X4	Football	Table Tennis/Badminton/Volleyball/Squash
9X5	Netball	Handball/Basketball

	Activity Lesson 1 Week A - Wednesday P3 Week B - Wednesday P3	Activity Lesson 2 Week A - Thursday P1 Week B - Thursday P1
9Y1	Fitness	Rugby
9Y2	Rugby	Fitness
9Y3	Table Tennis/Badminton/Volleyball/Squash	Table Tennis/Badminton/Volleyball/Squash
9Y4	Football	Table Tennis/Badminton/Volleyball/Squash
9Y5	Netball	Handball/Basketball

SPRING Half-Term 1 (Jan/Feb)		
Class	Activity Lesson 1 Week A - Monday P3 Week B - Wednesday P1	Activity Lesson 2 Week A - Wednesday P4 Week B - Friday P1
9X1	Table Tennis/Badminton/Volleyball/Squash	Swimming
9X2	Swimming	Table Tennis/Badminton/Volleyball/Squash
9X3	Rugby	Fitness
9X4	Gymnastics	Handball/Basketball
9X5	Handball/Basketball	Table Tennis/Badminton/Volleyball/Squash

	Activity Lesson 1 Week A - Wednesday P3 Week B - Wednesday P3	Activity Lesson 2 Week A - Thursday P1 Week B - Thursday P1
9Y1	Table Tennis/Badminton/Volleyball/Squash	Swimming
9Y2	Swimming	Table Tennis/Badminton/Volleyball/Squash
9Y3	Rugby	Fitness
9Y4	Gymnastics	Handball/Basketball
9Y5	Handball/Basketball	Table Tennis/Badminton/Volleyball/Squash

SPRING Half-Term 2 (Feb/Mar)		
Class	Activity Lesson 1 Week A - Monday P3 Week B - Wednesday P1	Activity Lesson 2 Week A - Wednesday P4 Week B - Friday P1
9X1	Table Tennis/Badminton/Volleyball/Squash	Theory Leadership
9X2	Theory Leadership	Table Tennis/Badminton/Volleyball/Squash
9X3	Table Tennis/Badminton/Volleyball/Squash	Theory Leadership
9X4	Theory Leadership	Table Tennis/Badminton/Volleyball/Squash
9X5	Football	Theory Leadership

	Activity Lesson 1 Week A - Wednesday P3 Week B - Wednesday P3	Activity Lesson 2 Week A - Thursday P1 Week B - Thursday P1
9Y1	Table Tennis/Badminton/Volleyball	Theory Leadership
9Y2	Theory Leadership	Table Tennis/Badminton/Volleyball/Squash
9Y3	Rugby	Theory Leadership
9Y4	Theory Leadership	Football
9Y5	Football	Theory Leadership

SUMMER Half-Term 1 (April/May)		
Class	Activity Lesson 1 Week A - Monday P3 Week B - Wednesday P1	Activity Lesson 2 Week A - Wednesday P4 Week B - Friday P1
9X1	Athletics	Theory Leadership
9X2	Theory Leadership	Athletics
9X3	Athletics	Theory Leadership
9X4	Theory Leadership	Athletics
9X5	Athletics	Theory Leadership

	Activity Lesson 1 Week A - Wednesday P3 Week B - Wednesday P3	Activity Lesson 2 Week A - Thursday P1 Week B - Thursday P1
9Y1	Athletics	Theory Leadership
9Y2	Theory Leadership	Athletics
9Y3	Athletics	Theory Leadership
9Y4	Theory Leadership	Athletics
9Y5	Athletics	Theory Leadership

SUMMER Half-Term 2 (June/July)		
Class	Activity Lesson 1 Week A - Monday P3 Week B - Wednesday P1	Activity Lesson 2 Week A - Wednesday P4 Week B - Friday P1
9X1	Leadership Sessions	Leadership Sessions
9X2	Leadership Sessions	Leadership Sessions
9X3	Leadership Sessions	Leadership Sessions
9X4	Leadership Sessions	Leadership Sessions
9X5	Leadership Sessions	Leadership Sessions

	Activity Lesson 1 Week A - Wednesday P3 Week B - Wednesday P3	Activity Lesson 2 Week A - Thursday P1 Week B - Thursday P1
9Y1	Leadership Sessions	Leadership Sessions
9Y2	Leadership Sessions	Leadership Sessions
9Y3	Leadership Sessions	Leadership Sessions
9Y4	Leadership Sessions	Leadership Sessions
9Y5	Leadership Sessions	Leadership Sessions

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	Navy Polo Shirt, Rugby 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 Top/CCHS Fleece, Blue/Black Shorts, Royal Blue socks, Trainers
Dance	Navy Polo Shirt, Blue/Black Shorts, Royal Blue or white sport 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 Top/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.