

7X

Wk	Date	Ex 1	Ex2	Ex3	Ex4	Ex5	EX6	Ex7
1	01/09/2026	Induction	Induction	Induction	Induction	Induction	Induction	Induction
2	07/09/2026							
3	14/09/2026							
4	21/09/2026							
5	28/09/2026							
6	05/10/2026	Fitness	Football	Badminton	Dance	Netball	Outdoor Fitness	Football
7	12/10/2026							
8	19/10/2026							
Half Term								
9	02/11/2026	Fitness	Football	Badminton	Dance	Netball	Outdoor Fitness	Football
10	09/11/2026	Football	Fitness	Football	Badminton	Dance	Netball	Outdoor Fitness
11	16/11/2026							
12	23/11/2026							
13	30/11/2026	Rugby	Dance	Fitness	Football	Badminton	Dance	Netball
14	07/12/2026							
15	14/11/2026							
Xmas Holidays								
16	04/01/2027	Rugby	Dance	Fitness	Football	Badminton	Dance	Netball
17	11/01/2027							
18	18/01/2027							
19	25/01/2027							
20	01/02/2027							
21	08/02/2027	Outdoor Badminton	Rugby	Dance	Fitness	Football	Badminton	Dance
Half Term								
22	23/02/2027	Dance	Outdoor Badminton	Rugby	Rugby	Fitness	Football	Badminton
23	01/03/2027							
24	08/03/2027							
25	15/03/2027							
26	22-Mar	PHS Games						
Easter								
27	13/04/2027	Athletics	Athletics	Cricket	Athletics	Athletics	Tennis/ P. Ball	Volleyball
28	20/04/2027							
29	27/04/2027							
30	04/05/2027	Tennis/ P. Ball	Volleyball	Athletics	Volleyball	Rounders	Athletics	Athletics
31	11/05/2027							
32	18/05/2027							
Half Term								
34	01/06/2027	Volleyball	Cricket	Tennis/ P. Ball	Tennis/ P. Ball	Volleyball	Rounders	Cricket
35	08/06/2027							
36	15/06/2027							
37	22/06/2027	Cricket	Tennis/ P. Ball	Volleyball	Rounders	Tennis/ P. Ball	Volleyball	Rounders
38	29/06/2027							
39	06/07/2027							
40	13/07/2027							
PHS Games								

7Y

WK	Date	Ex 1	Ex2	Ex3	Ex4	Ex5	EX6	Ex7
1	01/09/2026	Induction	Induction	Induction	Induction	Induction	Induction	Induction
2	07/09/2026							
3	14/09/2026							
4	21/09/2026							
5	28/09/2026							
6	05/10/2026							
7	12/10/2026	Fitness	Football	Badminton	Dance	Netball	Outdoor Fitness	Football
8	19/10/2026	Half Term						
9	02/11/2026	Fitness	Football	Badminton	Dance	Netball	Outdoor Fitness	Football
10	09/11/2026	Football	Fitness	Football	Badminton	Dance	Netball	Outdoor Fitness
11	16/11/2026							
12	23/11/2026							
13	30/11/2026							
14	07/12/2026	Rugby	Dance	Fitness	Football	Badminton	Dance	Netball
15	14/11/2026							
Xmas Holidays								
16	04/01/2027	Rugby	Dance	Fitness	Football	Badminton	Dance	Netball
17	11/01/2027							
18	18/01/2027	Outdoor Badminton	Rugby	Dance	Fitness	Football	Badminton	Dance
19	25/01/2027							
20	01/02/2027							
21	08/02/2027	Half Term						
22	23/02/2027	Dance	Outdoor Badminton	Rugby	Rugby	Fitness	Football	Badminton
23	01/03/2027							
24	08/03/2027							
25	15/03/2027							
26	22/03/2027	PHS Games						
Easter								
27	13/04/2027	Athletics	Athletics	Cricket	Athletics	Athletics	Tennis/ P. Ball	Volleyball
28	20/04/2027							
29	27/04/2027							
30	04/05/2027	Tennis/ P. Ball	Volleyball	Athletics	Volleyball	Rounders	Athletics	Athletics
31	11/05/2027							
32	18/05/2027							
Half Term								
34	01/06/2027	Volleyball	Cricket	Tennis/ P. Ball	Tennis/ P. Ball	Volleyball	Rounders	Cricket
35	08/06/2027							
36	15/06/2027							
37	22/06/2027	Cricket	Tennis/ P. Ball	Volleyball	Rounders	Tennis/ P. Ball	Volleyball	Rounders
38	29/06/2027							
39	06/07/2027							
40	13/07/2027							
PHS Games								

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WK	Date	GCSE	Competitive	Recreation	Recreation	Fitness 1	Recreation	Fitness 2	GCSE
1	01/09/2026	Climbing							
2	07/09/2026								
3	14/09/2026		B'Ball Cts	Table Tennis	Fitness	Badminton	Street Netball	Pilates/Yoga/Relax	
4	21/09/2026								Climbing
5	28/09/2026								
6	05/10/2026								
7	12/10/2026		Football	Touch Rugby	Table Tennis	Pilates/Yoga/Relax	Badminton	Fitness	
8	19/10/2026								
Half Term									
9	02/11/2026	Climbing	Football	Touch Rugby	Table Tennis	Pilates/Yoga/Relax	Badminton	Fitness	
10	09/11/2026								
11	16/11/2026		Handball	Fitness	Football	Circuits	Pilates/Yoga/Relax	Badminton	Climbing
12	23/11/2026								
13	30/11/2026								
14	07/12/2026								
15	14/11/2026		Fitness	Badminton	Handball	OAA	Table Tennis	Clubbercise/Just dance	
Xmas Holidays									
16	04/01/2027	Football	Fitness	Badminton	Handball	OAA	Table Tennis	Clubbercise/Just dance	
17	11/01/2027								
18	18/01/2027								
19	25/01/2027								
20	01/02/2027		Rugby	B'Ball Cts	Badminton	Clubbercise/Just dance	Fitness	Circuits	Netball
21	08/02/2027								
Half Term									
22	23/02/2027	Handball							
23	03/03/2027		Table Tennis	Football	Dodgeball/Benchball	Fitness	Clubbercise/Just dance	OAA	Handball
24	10/03/2027								
25	15/03/2027								
26	22/03/2027								
Easter									
27	13/04/2027	Athletics							
28	20/04/2027		Athletics	Volleyball	Softball	Rounders	Volleyball	Pickleball	Athletics
29	27/04/2027								
30	04/05/2027								
31	11/05/2027	Cricknet	Volleyball	Athletics	Athletics	Pickleball	Rounders	Volleyball	Cricknet
32	18/05/2027								
Half Term									
34	07/06/2027	Tennis							
35	14/06/2027		Softball	Pickleball	Volleyball	Volleyball	Alternative Games	Rounders	Tennis
36	21/06/2027								
37	28/06/2027	Volleyball							
38	05/07/2027		Tennis	Softball	Pickleball	Alternative Games	Rounders	Alternative Games	Volleyball
39	12/07/2027								

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WK	Date	GCSE	Competitive	Recreation	Recreation	Competitive	Recreation	Fitness	GCSE
1	01/09/2026	Climbing	B'Ball Cts	Table Tennis	Fitness	Badminton	Street Netball	Pilates/Yoga/Relax	Climbing
2	07/09/2026								
3	14/09/2026								
4	21/09/2026								
5	28/09/2026		Football	Touch Rugby	Table Tennis	Netball	Badminton	Fitness	
6	05/10/2026								
7	12/10/2026								
8	19/10/2026								
Half Term									
9	02/11/2026	Climbing	Football	Touch Rugby	Table Tennis	Netball	Badminton	Fitness	Climbing
10	09/11/2026		Handball	Fitness	Football	Table Tennis	Pilates/Yoga/Relax	Badminton	
11	16/11/2026								
12	23/11/2026								
13	30/11/2026								
14	07/12/2026		Fitness	Badminton	Handball	OAA	Table Tennis	Clubbercise/Just dance	
15	14/11/2026								
Xmas Holidays									
16	04/01/2027	Football	Fitness	Badminton	Handball	OAA	Table Tennis	Clubbercise/Just dance	Netball
17	11/01/2027								
18	18/01/2027		Rugby	B'Ball	Badminton	B'Ball Cts	Fitness	Circuits	
19	25/01/2027								
20	01/02/2027								
21	08/02/2027								
Half Term									
22	23/02/2027	Handball	Table Tennis	Football	Dodgeball/Benchball	Fitness	Clubbercise/Just dance	OAA	Handball
23	01/03/2027								
24	08/03/2027								
25	15/03/2027								
26	22/03/2027								
27	29/03/2027								
Easter									
28	05/04/2027	Athletics	Athletics	Volleyball	Softball	Rounders	Volleyball	Pickleball	Athletics
29	12/04/2027								
30	19/04/2027								
31	26/04/2027								
32	03/05/2027	Cricket	Volleyball	Athletics	Athletics	Pickleball	Rounders	Volleyball	Cricket
33	10/05/2027								
34	17/05/2027								
35	24/05/2027								
Half Term									
36	31/05/2027	Tennis	Softball	Pickleball	Volleyball	Volleyball	Alternative Games	Rounders	Tennis
37	07/06/2027								
38	14/06/2027								
39	21/06/2027								
40	28/06/2027	Volleyball	Tennis	Softball	Pickleball	Cricket	Rounders	Alternative Games	Volleyball
41	05/07/2027								
42	12/07/2027								
43	19/07/2027								

