



ENJOY

EMPOWER

EXCEL

Senior PE Lesson Activities Spring 2

	Monday P3	Wednesday P6	Thursday P5
7PE1	Fitness	Striking and Fielding	Gymnastics

	Wednesday P5	Thursday P6	Friday P3
8PE1	Striking and Fielding	Gymnastics	Fitness
8PE2	Fitness	Gymnastics	Striking and Fielding

	Monday P6	Wednesday P3	Thursday P1
9PE1	Striking and Fielding	Fitness	Gymnastics
9PE2	Striking and Fielding	Gymnastics	Fitness

	Tuesday P6	Thursday P3
10PE	Netball	Badminton

	Monday P1	Friday P6
11PE1	GCSE Assessments	Sport Ed
11PE2	Netball	Sport Ed