

Ash Manor School PE Department
Curriculum Map –April to July 2020

Year 7

Band X & Y

Week Beginning & Key dates	Length	Boys 1	Boys 2	Girls 1	Girls 2
20th April- 22 nd May	5 weeks	Athletics X AHL Y JWT	Athletics X AHL Y AWS	Athletics X AWS Y- ACS/NLS	Athletics X- LFR Y- LFR
1 st June- 19 th June TFN 5/6	3 weeks	Striking and Fielding- Cricket X AHL Y JWT	Striking and Fielding- Cricket X AHL Y AWS	Striking and Fielding- Rounder's X AWS Y- ACS/NLS	Striking and Fielding- Rounder's X- LFR Y- LFR
22 nd June- 10 th July 29/6 INSET DAY SPORTS DAY- 6/7	2 weeks	Striking and Fielding- Softball X AHL Y JWT	Striking & Fielding- Softball X AHL Y AWS	Striking and Fielding- Girls cricket taster X- ACS/NLS Y- ACS/NLS	Striking and Fielding- Girls cricket taster X- LFR Y- LFR
	1 week	Mixed tournament			
Challenge Week					

WEEK	ATHLETICS	ATHLETICS	ATHELTICS	ATHLETICS
2	SHOT/DISCUS	JAVELIN	LONG/TRIPLE JUMP	SPRINTS
1	JAVELIN	SHOT/DISCUS	SPRINTS	LONG/TRIPLE JUMP
2	SPRINTS	LONG/TRIPLE JUMP	SHOT/DISCUS	JAVELIN
1	LONG/TRIPLE JUMP	SPRINTS	JAVELIN	SHOT/DISCUS
2- 50MINS	MIDDLE DISTANCE	MIDDLE DISTANCE	CATCH UP	CATCH UP
2- 50 MINS	CATCH UP	CATCH UP	MIDDLE DISTANCE	MIDDLE DISTANCE

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Year 8

Band X & Y

Week Beginning & Key dates	Length	Boys 1	Boys 2	Girls 1	Girls 2
20th April- 22 nd May	5 weeks	Athletics X JWT Y AHL	Athletics X AHL Y AWS	Athletics X NLS Y- LFR	Athletics X- AWS Y- ACS
1 st June- 19 th June TFN 5/6	3 weeks	Striking and Fielding- Cricket X AHL Y JWT	Striking and Fielding- Cricket X AHL Y AWS	Striking and Fielding- Rounder's X NLS Y- LFR	Striking and Fielding- Rounder's X- AWS Y- ACS
22 nd June- 10 th July 29/6 INSET DAY SPORTS DAY- 6/7	2 weeks	Striking and Fielding- Softball X AHL Y JWT	Striking & Fielding- Softball X AHL Y AWS	Striking and Fielding- Girls cricket taster X NLS Y- LFR	Striking and Fielding- Girls cricket taster X- AWS Y- ACS
	1 week	Mixed tournament			
Challenge Week					

WEEK	ATHLETICS	ATHLETICS	ATHELTICS	ATHLETICS
2	SHOT/DISCUS	JAVELIN	LONG/TRIPLE JUMP	SPRINTS
1	JAVELIN	SHOT/DISCUS	SPRINTS	LONG/TRIPLE JUMP
2	SPRINTS	LONG/TRIPLE JUMP	SHOT/DISCUS	JAVELIN
1	LONG/TRIPLE JUMP	SPRINTS	JAVELIN	SHOT/DISCUS
2- 50MINS	MIDDLE DISTANCE	MIDDLE DISTANCE	CATCH UP	CATCH UP
2- 50 MINS	CATCH UP	CATCH UP	MIDDLE DISTANCE	MIDDLE DISTANCE

Ash Manor School PE Department
Curriculum Map –April to July 2020

Year 9

Band X & Y

Week Beginning & Key dates	Length	Boys 1	Boys 2	Girls 1	Girls 2
20th April- 22 nd May	5 weeks	Athletics X JWT Y AHL	Athletics X AHL/LFR Y NRY/ACS	Athletics X NLS Y- LFR	Athletics X- AWS Y- LFR
1 st June- 19 th June TFN 5/6	3 weeks	Striking and Fielding- Cricket X JWT Y AHL	Striking and Fielding- Cricket X AHL/LFR Y NRY/ACS	Striking and Fielding- Rounder's X AWS Y- ACS/NLS	Striking and Fielding- Rounder's X- AWS Y- LFR
22 nd June- 10 th July 29/6 INSET DAY SPORTS DAY- 6/7	2 weeks	Striking and Fielding- Softball X JWT Y AHL	Striking & Fielding- Softball X AHL/LFR Y NRY/ACS	Striking and Fielding- Girls cricket taster X- ACS/NLS Y- ACS/NLS	Striking and Fielding- Girls cricket taster X- AWS Y- LFR
	1 week	Mixed tournament			
Challenge Week					

WEEK	ATHLETICS	ATHLETICS	ATHELTICS	ATHLETICS
2	SHOT/DISCUS	JAVELIN	LONG/TRIPLE JUMP	SPRINTS
1	JAVELIN	SHOT/DISCUS	SPRINTS	LONG/TRIPLE JUMP
2	SPRINTS	LONG/TRIPLE JUMP	SHOT/DISCUS	JAVELIN
1	LONG/TRIPLE JUMP	SPRINTS	JAVELIN	SHOT/DISCUS
2- 50MINS	MIDDLE DISTANCE	MIDDLE DISTANCE	CATCH UP	CATCH UP
2- 50 MINS	CATCH UP	CATCH UP	MIDDLE DISTANCE	MIDDLE DISTANCE