

## Ixworth High School - Physical Education Timetable 2024-25

Term	Year 7		Year 8		Year 9		Year 10		Year 11	
	Concept Unit Focus: Physical Literacy		Concept Unit Focus: Personal Development		Concept Unit Focus: Exploring Character Development		Concept Unit Focus: Leadership Skills		Concept Unit Focus: Active for Life	
	Concept	Sport	Concept	Sport	Concept	Sport	Concept	Sport	Concept	Sport
Michaelmas Term	Movement Competence	Rugby	Communication	Football	Sporting Values	Football	Attitudes and Behaviour	Football	Health and Well-being	Football
		Dodgeball		Handball		Fitness Testing		Basketball		Rugby
		Gymnastics		Gymnastics		Methods of Training		Handball		Handball
Lent Term	Confidence	Basketball	Resilience	Netball	Problem Solving	Handball	Effective Teams	Gaelic Football	Engagement Post 16	Leadership (Tournament formats)
		Handball		Aussie Rules		Rugby		Leadership		
		Aussie Rules		Dodgeball		Basketball		Rugby		
Trinity Term	Motivation	Athletics	Intra-Personal Skills	Athletics	Power Positivity	Athletics	Self-reflection	Athletics	Remaining Active	Leadership (Tournament formats)
		Netball		Rounders		Cricket		Volleyball		
		Cricket		Cricket		Orienteering		Cricket		



**Ixworth**  
High School