






Key Stage 3 PE at St. Benedict's Catholic High School

Students will study the following activities on a rotational basis...

	Term 1 	Term 2 	Term 3 
Year 7	Boys: Football, Rugby Union, Fitness, Badminton Girls: Football, Netball, Fitness, Badminton	Boys: Handball, Hockey, Gymnastics, Basketball Girls: Rugby League, Hockey, Gymnastics, Basketball	Boys: Tennis, Athletics, Cricket Girls: Tennis, Athletics, Rounders
Year 8	Boys: Football, Rugby Union, Fitness, Badminton Girls: Football, Netball, Fitness, Badminton	Boys: Handball, Hockey, Gymnastics, Basketball Girls: Rugby League, Hockey, Gymnastics, Basketball	Boys: Tennis, Athletics, Cricket Girls: Tennis, Athletics, Rounders
Year 9	Boys: Football, Rugby Union, Fitness, Badminton Girls: Football, Netball, Fitness, Badminton	Boys: Handball, Hockey, Gymnastics, Basketball Girls: Rugby League, Hockey, Gymnastics, Basketball	Boys: Tennis, Athletics, Cricket Girls: Tennis, Athletics, Rounders

ASC Week (Alternative Sporting Challenge)

Oct ASC Week: Dance & Cross County

Dec ASC Week: Dodgeball & Outdoor Adventurous Challenges

Feb ASC Week: Volleyball & Danish Longball

April ASC Week: N/A

May ASC Week: Race for Life

July ASC Week: Softball & Cricket