

St Thomas More RC College Curriculum Topic Overview commencing September 2020

Subject: Physical Education – CORE PE

Week	Autumn
1	Fitness testing
2	2 week rotation of badminton/strike+field/table-tennis
3	2 week rotation of badminton/strike+field/table-tennis
4	2 week rotation of badminton/strike+field/table-tennis
5	2 week rotation of badminton/strike+field/table-tennis
6	2 week rotation of badminton/strike+field/table-tennis
7	2 week rotation of badminton/strike+field/table-tennis
8	Fitness testing
9	X-Country
10	2 week rotation of football or netball/trampolining/volleyball
11	2 week rotation of football or netball/trampolining/volleyball
12	2 week rotation of football or netball/trampolining/volleyball
13	2 week rotation of football or netball/trampolining/volleyball
14	2 week rotation of football or netball/trampolining/volleyball
15	2 week rotation of football or netball/trampolining/volleyball

Week	Spring
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Week	Summer
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