



7Y PHYSICAL EDUCATION PROGRAMME 2019-20



TERM	WEEKLY LESSON	MMO (BOYS)	JC (BOYS)	LG (GIRLS)	KD (GIRLS)	
A U T U M N	1 st	BASKETBALL <i>Invasion games (Gym)</i>	TABLE TENNIS <i>Net and wall (Hall)</i>	NETBALL <i>Invasion games (Yard)</i>	FOOTBALL <i>Invasion games (Astro)</i>	
	2 nd					
	HALF-TERM					
	1 st	RUGBY <i>Invasion games (Field)</i>	FOOTBALL <i>Invasion games (Astro)</i>	GYMNASTICS <i>Individual performance (Gym)</i>	TABLE TENNIS <i>Net and wall (Hall)</i>	
	2 nd					
	CHRISTMAS					
S P R I N G	1 st	FOOTBALL <i>Invasion games (Astro)</i>	HANDBALL <i>Invasion games (Yard)</i>	TABLE TENNIS <i>Net and wall (hall)</i>	GYMNASTICS <i>Individual performance (Gym)</i>	
	2 nd					
	HALF-TERM					
	1 st	TABLE TENNIS <i>Net and wall (Hall)</i>	BASKETBALL <i>Invasion games (Gym)</i>	RUGBY/ FOOTBALL <i>Invasion games (Field/Astro)</i>	NETBALL <i>Invasion games (Yard)</i>	
	2 nd					
	EASTER					
S U M M E R		ATHLETICS <i>Individual performance (Field)</i>	ATHLETICS <i>Individual performance (Field)</i>	ATHLETICS <i>Individual performance (Field)</i>	ATHLETICS <i>Individual performance (Field)</i>	
	HALF-TERM					
		CRICKET/HANDBALL <i>Individual performance (Yard/Field)</i>	CRICKET <i>Individual performance (Yard/Field)</i>	HANDBALL/ ROUNDERS <i>Individual performance (Yard/Field)</i>	HANDBALL/ ROUNDERS <i>Individual performance (Yard/Field)</i>	