



Love of Learning, Opportunity, Resilience, Respect
 2024-2025 Boston High School Core PE Curriculum Overview



Year	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
7	Netball [2 lessons per fortnight]	Badminton [2 lessons per fortnight]	Dance [2 lessons per fortnight]	Football [2 lessons per fortnight]	Athletics / Rounders [3 lessons per fortnight]	Tennis / Cricket [3 lessons per fortnight]
	Aerobic training [1 lesson per fortnight]	Aerobic training [1 lesson per fortnight]	Resistance work [1 lesson per fortnight]	Circuits [1 lesson per fortnight]		
8	Netball [2 lessons per fortnight]	Dance / Handball [2 lessons per fortnight]	Basketball [2 lessons per fortnight]	Rugby [2 lessons per fortnight]	Athletics / Rounders [3 lessons per fortnight]	Tennis / Cricket [3 lessons per fortnight]
	Aerobic training [1 lesson per fortnight]	Dance [1 lesson per fortnight]	Pilates / Yoga [1 lesson per fortnight]	Circuits [1 lesson per fortnight]		
9	Netball [2 lessons per fortnight]	Volleyball [2 lessons per fortnight]	Basketball [2 lessons per fortnight]	Badminton/ Pickle ball [2 lessons per fortnight]	Athletics / Rounders [3 lessons per fortnight]	Tennis / Cricket [3 lessons per fortnight]
	Aerobic training [1 lesson per fortnight]	Dance [1 lesson per fortnight]	Dance [1 lesson per fortnight]	Circuits [1 lesson per fortnight]		
10	Volleyball	Rugby	Handball	Netball	Athletics / Rounders	Tennis / Cricket
11	Netball	Pilates / Yoga	Badminton	Ultimate frisbee / Resistance work	Rounders	

NOTE: The timings may vary due to the needs of individual students and classes but it is envisaged that all classes will cover the curriculum above.