ST JOSEPH'S RC HIGH SCHOOL CURRICULUM PLANNER 2024-2025



Subject: PE Yr8—content may be in a different order

Further methods of training to develop fitness for sport Content: Gymnastics Developing individual floor and apparatus skills within a routine PRING TERM Content: CrossFit Introduction to Olympic Weightlifting movements Content: Diversity Olympics Developing performance in a range of athletic events Content: Functional Me Introduction to fitness movements to support everyday tasks Content:	AUTUMN TERM		
Further methods of training to develop fitness for sport Content: Gymnastics Developing individual floor and apparatus skills within a routine PRING TERM Content: CrossFit Introduction to Olympic Weightlifting movements Content: Diversity Olympics Developing performance in a range of athletic events Content: Functional Me Introduction to fitness movements to support everyday tasks Content:	September - October	Content:	
Content: Gymnastics Developing individual floor and apparatus skills within a routine SPRING TERM Content: CrossFit Introduction to Olympic Weightlifting movements Content: Diversity Olympics Developing performance in a range of athletic events Content: Functional Me Introduction to fitness movements to support everyday tasks Content:		Methods of Training	
Content: Content:		Further methods of training to develop fitness for sport	
Developing individual floor and apparatus skills within a routine Content: CrossFit Introduction to Olympic Weightlifting movements Content: Diversity Olympics Developing performance in a range of athletic events Content: Functional Me Introduction to fitness movements to support everyday tasks Content:	November - December	Content:	
Content: CrossFit Introduction to Olympic Weightlifting movements Content: Diversity Olympics Developing performance in a range of athletic events Content: Functional Me Introduction to fitness movements to support everyday tasks Content:		Gymnastics	
Content: CrossFit Introduction to Olympic Weightlifting movements		Developing individual floor and apparatus skills within a routine	
anuary – Early February CrossFit Introduction to Olympic Weightlifting movements Content: Diversity Olympics Developing performance in a range of athletic events Content: Functional Me Introduction to fitness movements to support everyday tasks Content:	SPRING TERM		
Introduction to Olympic Weightlifting movements Content: Diversity Olympics Developing performance in a range of athletic events Content: Functional Me Introduction to fitness movements to support everyday tasks Content:	January – Early February	Content:	
Content: Diversity Olympics Developing performance in a range of athletic events Content: Puril - May Content: Functional Me Introduction to fitness movements to support everyday tasks Content:		CrossFit	
Diversity Olympics Developing performance in a range of athletic events Content: Functional Me Introduction to fitness movements to support everyday tasks Content:		Introduction to Olympic Weightlifting movements	
Developing performance in a range of athletic events Content: Functional Me Introduction to fitness movements to support everyday tasks Content:	Late February - March	Content:	
Content: Functional Me Introduction to fitness movements to support everyday tasks Content:		Diversity Olympics	
Content: Functional Me Introduction to fitness movements to support everyday tasks Content:		Developing performance in a range of athletic events	
Functional Me Introduction to fitness movements to support everyday tasks Content:	SUMMER TERM		
Introduction to fitness movements to support everyday tasks Content:	April - May	Content:	
Content:		Functional Me	
		Introduction to fitness movements to support everyday tasks	
une - July Cricket and Baseball	June - July	Content:	
		Cricket and Baseball	

ADDITIONAL NOTES	
Date	Content