



Year 7 PE Information - What am I doing each lesson?

7 E							
LESSON 1 - TUESDAY P3				LESSON 2 - THURSDAY P3			
BOYS 1	BOYS 2	GIRLS 1	GIRLS 2	BOYS 1	BOYS 2	GIRLS 1	GIRLS 2
RUGBY	SWIMMING	HOCKEY	BADMINTON	FOOTBALL	RUGBY	BADMINTON	SWIMMING

7W							
LESSON 1 - WEDNESDAY P2				LESSON 2 - FRIDAY P2			
BOYS 1	BOYS 2	GIRLS 1	GIRLS 2	BOYS 1	BOYS 2	GIRLS 1	GIRLS 2
FOOTBALL	RUGBY	BADMINTON	SWIMMING	RUGBY	SWIMMING	HOCKEY	BADMINTON

All those without a bib are Group 1 and all those with a bib are Group 2. Please check with the PE department if you are still not sure.

These activities will change at half term, pupils will be told in advance what they are doing next.

What PE kit is needed for each activity?

Neatherd PE top and navy blue shorts to every lesson

Optional for all activities: Navy blue joggers, Neatherd PE jumper

- **Football – Outside (3G pitch):** Long blue football socks, astroturfs (trainers or moulded studs), shin pads (essential)
- **Netball – Outside (Courts):** Long blue football socks, trainers
- **Basketball – Inside (Sports Hall):** Long blue football socks OR white socks, clean trainers
- **Rugby – Outside (Field):** Long blue football socks, navy rugby top (optional), studded boots (preferable) or trainers, gum shield (essential)
- **Hockey – Outside (3G pitch):** Long blue football socks, astroturfs (trainers or moulded studs), shin pads, gum shield (essential)
- **Badminton – Inside (Sports Hall):** Long blue football socks OR white socks, clean trainers
- **Gym – Inside (Gym):** Long blue football socks OR white socks, clean trainers
- **Dance – Inside (Gym):** Long blue football socks OR white socks, clean trainers
- **Cricket – Outside (3G pitch/Field):** Long blue football socks OR white socks, trainers
- **Rounders – Outside (Field):** Long blue football socks OR white socks, trainers
- **Tennis – Outside (Courts):** Long blue football socks OR white socks, trainers
- **Athletics – Outside (Field):** Long blue football socks OR white socks, trainers
- **Swimming – Dereham Leisure Centre:** One-piece swimsuit/swimming shorts, towel, carrier bag (for wet stuff!), goggles