Backwell School PE Department – 2026-2027
Key Stage 3 Core PE Programme of Study

7a — Wed1 P3; Mon2 P5;Wed2 P5

Start Date	No.	BOYS 7a/Ce1 CB & AM	BOYS 7a/Ce2 MN	BOYS 7a/Ce6* EW & PG	GIRLS 7a/Ce4 HW	GIRLS 7a/Ce5 NR	
Wed 9th September	2	Introduction & Setting *Field & Courts*			Introduction & Setting *Field & Courts*		
Wed 16th September	7	Rugby *Field*	Swimming *Leisure Centre*	Gymnastics *Gym*	Netball *Courts*	Football *Astro*	
Wed 21st October	7	Gymnastics *Gym*	Rugby *Field*	Football *Astro*	Fitness *NSH*	Swimming *Leisure Centre*	
Friday 30th November	7	Swimming *Leisure Centre*	Gymnastics *Gym*	Fitness *NSH*	Football *Astro*	Netball *Courts*	
Wed 13th January	7	Football *Astro*	Fitness *NSH*	Rugby *Field*	Swimming *Leisure Centre*	Gymnastics *Gym*	
Wed 24th February	7	Fitness *NSH / OSH*	Football *Astro*	Swimming *Leisure Centre*	Gymnastics *Gym*	Fitness *NSH / OSH*	
Wed 14th April	9	Athletics *Field*	Athletics *Field*	Athletics *Field*	Athletics *Field*	Athletics *Field*	
Wed 26th May	9	Striking & Fielding *Field / NSH*	Striking & Fielding *Field / NSH*	Striking & Fielding *Field / NSH*	Striking & Fielding *Field / NSH*	Striking & Fielding *Field / NSH*	

7b — Tue1 P2; Thu1 P1; Tue2 P5

Start Date	No.	BOYS 7b/Ce1 CB	BOYS 7b/Ce2 AM		GIRLS 7b/Ce4 HW	GIRLS 7b/Ce5 NR	
Tues 8th September	2	Introduction & Setting *Field & Courts*			Introduction & Setting *Field & Courts*		
Tues 15th September	7 (4/3)	Rugby *Field*	Swimming *Leisure Centre*	**	Netball *Courts*	Football *Astro*	
Tues 20th October	7 (5/2)	Gymnastics *Gym*	Rugby *Field*		Fitness *NSH*	Swimming *Leisure Centre*	**
Thurs 26th November	7 (5/2)	Swimming *Leisure Centre*	**	Gymnastics *Gym*	Football *Astro*	Netball *Courts*	
Tues 12th January	7 (4/3)	Football *Astro*	Fitness *NSH*		Swimming *Leisure Centre*	**	Gymnastics *Gym*
Tues 23rd February	8	Fitness *NSH / OSH*	Football *Astro*		Gymnastics *Gym*	Fitness *NSH / OSH*	
Tues 13th April	9	Athletics *Field*	Athletics *Field*		Athletics *Field*	Athletics *Field*	
Tues 8th June	9	Striking & Fielding *Field / NSH*	Striking & Fielding *Field / NSH*		Striking & Fielding *Field / NSH*	Striking & Fielding *Field / NSH*	

**No swimming on a Tuesday week 2 – Indoor kit required

8a — Wed1 P1; Fri1 P5; Mon2 P3

Start Date	No.	BOYS 8a/Ce1 AM	BOYS 8a/Ce2 CB	BOYS 8a/Ce3 MN	GIRLS 8a/Ce4 EW & KH	GIRLS 8a/Ce5 HW & NR	GIRLS 8a/Ce6 PG & NR
Wed 9th September	7	Rugby *Field*	Personal Survival *Leisure Centre*	Football *Astro*	Netball *Courts*	Gymnastics *Gym*	Short Tennis *NSH*
Fri 9th October	6	Gymnastics *Gym*	Rugby *Field*	Fitness *OSH / Courts*	Short Tennis *NSH*	Personal Survival *Leisure Centre*	Football *Astro*
Fri 13th November	6	Personal Survival *Leisure Centre*	Gymnastics *Gym*	Short Tennis *NSH*	Football *Astro*	Netball *Courts*	Fitness *OSH / Courts*
Fri 11th December	6	Short Tennis *NSH*	Football *Astro*	Gymnastics *Gym*	Personal Survival *Leisure Centre*	Fitness *OSH / Courts*	Netball *Courts*
Fri 22nd January	6	Football *Astro*	Fitness *OSH / Courts*	Rugby *Field*	Gymnastics *Gym*	Short Tennis *NSH*	Personal Survival *Leisure Centre*
Friday 26th February	6	Fitness *OSH / Courts*	Short Tennis *NSH*	Personal Survival *Leisure Centre*	Fitness *OSH / Courts*	Football *Astro*	Gymnastics *Gym*
Wed 21st April	9	Athletics *Field*	Athletics *Field*	Athletics *Field*	Athletics *Field*	Athletics *Field*	Athletics *Field*
Wed 9th June	9	Striking & Fielding *Field / NSH*	Striking & Fielding *Field / NSH*	Striking & Fielding *Field / NSH*	Striking & Fielding *Field / NSH*	Striking & Fielding *Field / NSH*	Striking & Fielding *Field / NSH*

8b — Tue1 P3; Thu1 P2; Tue2 P4

Start Date	No.	BOYS 8b/Ce1 AM	BOYS 8b/Ce2 CB		GIRLS 8b/Ce4 NR	GIRLS 8b/Ce5 HW	
Tues 8th September	7 (5/2)	Rugby *Field*	P/Survival *Leisure Centre*	**	Netball *Courts*	Short Tennis *NSH*	
Thurs 8th October	8 (5/3)	Gym / Fitness *Gym*	Rugby *Field*		P/Survival *Leisure Centre*	**	Football *Astro*
Tues 24th November	8	Short Tennis *NSH*	Gym / Fitness *Gym*		Football *Astro*	Netball *Courts*	
Tues 12th January	7 (4/3)	Football *Astro*	Short Tennis *NSH*		Gym / Fitness *Gym*	P/Survival *Leisure Centre*	**
Tues 23rd February	8 (6/2)	P/Survival *Leisure Centre*	**	Football *Astro*	Short Tennis *NSH*	Short Tennis *NSH*	
Tues 13th April	10	Athletics *Field*	Athletics *Field*		Athletics *Field*	Athletics *Field*	
Tues 8th June	9	Striking & Fielding *Field / NSH*	Striking & Fielding *Field / NSH*		Striking & Fielding *Field / NSH*	Striking & Fielding *Field / NSH*	

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PE Kit Requirements	
Rugby & Football:	Backwell School rugby shirt; black shorts; black socks; boots (moulded studs for astro). Shinpads are ***compulsory*** for football; Gumshields are recommended for rugby.
Swimming & Personal Survival:	Swimming costume; goggles; towel. We recommend a waterproof bag, or an extra carrier bag to store wet kit after lessons.
All other activities:	Boys = Backwell School PE T-shirt; black shorts; trainers. Girls = Backwell School PE polo shirt; black shorts/leggings; trainers.
Safety Expectations:	Long hair must be tied back; All jewellery must be removed. *As new piercings should be done at the start of the summer holidays, this will not be an acceptable reason for being unable to remove jewellery.*
PE Dept Kit Policy: *If a student forgets their kit*	Spare PE kit will be loaned for the lesson, with a student's school shoe taken as a deposit. The student's name will be recorded for having no PE kit. Forgetting PE kit twice in a term = 20min lunch BSR; Refusal to wear loaned kit = 40min lunch BSR.