

KS3 Plan 2022-23 - Year 7

Half Term One	Boys Activity	A	Kit	B	Kit	Girls Activity	A	Girls Kit +	B	Kit
Wk. Beginning Monday 5th Sept	1	Cooper Run and Skills Test	Blue	Cooper Run and Skills Test	Blue	1	Coopers Run and skills test	White socks	Coopers Run and skills test	White socks
Wk. Beginning Monday 12th Sept	2	Swimming	Swim Kit	Rugby	Blue	2	Gymnastics	White socks	Netball	White socks
Wk. Beginning Monday 19th Sept	3	Swimming	Swim Kit	Rugby	Blue	3	Gymnastics	White socks	Netball	White socks
Wk. Beginning Monday 25th Sept	4	Swimming	Swim Kit	Rugby	Blue	4	Gymnastics	White socks	Netball	White socks
Wk. Beginning Monday 3rd Oct	5	Swimming	Swim Kit	Rugby	Blue	5	Gymnastics	White socks	Netball	White socks
Change Activities	Change Activities	Change Activities		Change Activities		Change Activities	Change Activities		Change Activities	
Wk. Beginning Monday 10th Oct	1	Rugby	Blue	Swimming	Swim Kit	1	Netball	White socks	Gymnastics	White socks
Wk. Beginning Monday 17th Oct	2	Rugby	Blue	Swimming	Swim Kit	2	Netball	White socks	Gymnastics	White socks

Half Term	Half Term	Half Term		Half Term		Half Term	Half Term		Half Term	
Wk. Beginning Monday 31th Oct	3	Rugby	Blue	Swimming	Swim Kit	3	Netball	White socks	Gymnastics	White socks
Wk. Beginning Monday 7th Nov	4	Rugby	Blue	Swimming	Swim Kit	4	Netball	White socks	Gymnastics	White socks
Wk. Beginning Monday 14th Nov	5	Rugby	Blue	Swimming	Swim Kit	5	Netball	White socks	Gymnastics	White socks
Change Activities	Change Activities	Change Activities		Change Activities		Change Activities	Change Activities		Change Activities	
Wk. Beginning Monday 21st Nov	1	Fitness	White	Gymnastics	White	1	Hockey	Blue socks, shin pads,	Swimming	Swim Kit Only
Wk. Beginning Monday 28th Nov	2	Fitness	White	Gymnastics	White	2	Hockey	Blue socks, shin pads,	Swimming	Swim Kit Only
Wk. Beginning Monday 5th Dec		Inter Form Rugby	Blue	Inter Form Rugby	Blue		Inter Form Netball	White socks	Inter Form Netball	White socks
Wk. Beginning Monday 12th Dec		Cross Country	Blue	Cross Country	Blue		Cross Country	Blue Socks	Cross Country	Blue Socks
Christmas Holidays	Christmas Holidays	Christmas Holidays		Christmas Holidays		Christmas Holidays	Christmas Holidays		Christmas Holidays	

Wk. Beginning Monday 2nd Jan	3	Fitness	White	Gymnastics	White	3	Hockey	Blue socks, shin pads,	Swimming	Swim Kit Only
Wk Beginning Monday 9th Jan	4	Fitness	White	Gymnastics	White	4	Hockey	Blue socks, shin pads,	Swimming	Swim Kit Only
Wk Beginning Monday 16th Jan	5	Fitness	White	Gymnastics	White	5	Hockey	Blue socks, shin pads,	Swimming	Swim Kit Only
Change Activities	Change Activities	Change Activities		Change Activities		Change Activities	Change Activities		Change Activities	
Wk Beginning Monday 23rd Jan	1	Gymnastics	White	Basketball	White	1	Swimming	Swim Kit Only	Hockey	Blue socks, shin pads,
Wk Beginning Monday 30th Jan	2	Gymnastics	White	Basketball	White	2	Swimming	Swim Kit Only	Hockey	Blue socks, shin pads,
Wk Beginning Monday 6th Feb	3	Gymnastics	White	Basketball	White	3	Swimming	Swim Kit Only	Hockey	Blue socks, shin pads,
Half Term	Half Term	Half Term		Half Term		Half Term	Half Term		Half Term	

Wk Beginning Monday 20th Feb	4	Gymnastics	White	Basketball	White	4	Swimming	Swim Kit	Hockey	Blue sock, shin pads,
Wk Beginning Monday 27th Feb	Inter Form	Football	Blue	Football	Blue	Inter Form	Hockey	Blue socks, shin pads,	Hockey	Blue sock, shin pads,
Change Activities	Change Activities	Change Activities		Change Activities		Change Activities	Change Activities		Change Activities	
Wk. Beginning Monday 6th Mar	1	Dance	White	Orienteering	White	1	Football	Blue socks, shin pads,	Dance	White socks
Wk. Beginning Monday 13th Mar	2	Dance	White	Orienteering	White	2	Football	Blue socks, shin pads,	Dance	White socks
Change Activities	Change Activities	Change Activities		Change Activities		Change Activities	Change Activities		Change Activities	
Wk. Beginning Monday 20th Mar	1	Orienteering	White	Dance	White	1	Dance	White socks	Football	Blue socks, shin pads,
Wk. Beginning Monday 27th Mar	2	Orienteering	White	Dance	White	2	Dance	White socks	Football	Blue socks, shin pads,

Easter Holiday	Easter Holiday	Easter Holiday		Easter Holiday		Easter Holiday	Easter Holiday		Easter Holiday	
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KS3 Plan 2022-23 - Year 8

Half Term One	Boys Activity	A	Kit	B	Kit	Girls Activity	A	Kit	B	Kit
Wk. Beginning Monday 5th Sept	1	Cooper Run and Skills Test	Blue	Cooper Run and Skills Test	Blue	1	Coopers Run and skills test	White socks	Coopers Run and skills test	White socks
Wk. Beginning Monday 12th Sept	2	Basketball	White	Rugby	Blue	2	Netball	White socks	Rugby	Blue sock, shin pads,

Wk. Beginning Monday 19th Sept	3	Basketball	White	Rugby	Blue	3	Netball	White socks	Rugby	Blue sock, shin pads,
Wk. Beginning Monday 25th Sept	4	Basketball	White	Rugby	Blue	4	Netball	White socks	Rugby	Blue sock, shin pads,
Wk. Beginning Monday 3rd Oct	5	Basketball	White	Rugby	Blue	5	Netball	White socks	Rugby	Blue sock, shin pads,
Change Activities	Change Activities	Change Activities		Change Activities		Change Activities	Change Activities		Change Activities	
Wk. Beginning Monday 10th Oct	1	Rugby	Blue	Basketball	White	1	Hockey	Blue sock, shin pads,	Badminton	White socks
Wk. Beginning Monday 17th Oct	2	Rugby	Blue	Basketball	White	2	Hockey	Blue sock, shin pads,	Badminton	White socks
Half Term	Half Term	Half Term		Half Term		Half Term	Half Term		Half Term	
Wk. Beginning Monday 31st Oct	3	Rugby	Blue	Basketball	White	3	Hockey	Blue sock, shin pads,	Badminton	White socks

Wk. Beginning Monday 7th Nov	4	Rugby	Blue	Basketball	White	4	Hockey	Blue sock, shin pads,	Badminton	White socks
Wk. Beginning Monday 14th Nov	5	Rugby	Blue	Basketball	White	5	Hockey	Blue sock, shin pads,	Badminton	White socks
Change Activities	Change Activities	Change Activities		Change Activities		Change Activities	Change Activities		Change Activities	
Wk. Beginning Monday 21st Nov	1	Badminton	White	Gymnastics	White	1	Football	Blue sock, shin pads,	Hockey	Blue sock, shin pads,
Wk. Beginning Monday 28th Nov	2	Badminton	White	Gymnastics	White	2	Football	Blue sock, shin pads,	Hockey	Blue sock, shin pads,
Wk. Beginning Monday 5th Dec		Inter Form Rugby	Blue	Inter Form Rugby	Blue		Inter Form Netball	White socks	Inter Form Netball	White socks
Wk. Beginning Monday 12th Dec		Cross Country	Blue	Cross Country	Blue		Cross Country		Cross Country	
Christmas Holidays	Christmas Holidays	Christmas Holidays		Christmas Holidays		Christmas Holidays	Christmas Holidays		Christmas Holidays	
Wk. Beginning Monday 2nd Jan	3	Badminton	White	Gymnastics	White	3	Fitness	White socks	Hockey	Blue sock, shin pads,

Wk Beginning Monday 9th Jan	4	Badminton	White	Gymnastics	White	4	Fitness	White socks	Football	Blue sock, shin pads,
Wk Beginning Monday 16th Jan	5	Badminton	White	Gymnastics	White	5	Fitness	White socks	Football	Blue sock, shin pads,
Change Activities	Change Activities	Change Activities		Change Activities		Change Activities	Change Activities		Change Activities	
Wk Beginning Monday 23rd Jan	1	Gymnastics	White	Badminton	White	1	Rugby	Blue sock, shin pads,	Fitness	White socks
Wk Beginning Monday 30th Jan	2	Gymnastics	White	Badminton	White	2	Rugby	Blue sock, shin pads,	Fitness	White socks
Wk Beginning Monday 6th Feb	3	Gymnastics	White	Badminton	White	3	Rugby	Blue sock, shin pads,	Fitness	White socks
Half Term	Half Term	Half Term		Half Term		Half Term	Half Term		Half Term	
Wk Beginning Monday 20th Feb	4	Gymnastics	White	Badminton	White	4	Rugby	Blue sock, shin pads,	Fitness	White socks

Wk Beginning Monday 27th Feb	Inter Form	Football	Blue	Football	Blue	Inter Form	Hockey		Hockey	
Change Activities	Change Activities	Change Activities		Change Activities		Change Activities	Change Activities		Change Activities	
Wk. Beginning Monday 6th Mar	1	Fitness	White	Hockey	Blue	1	Badminton	+White socks	Basketball	White socks
Wk. Beginning Monday 13th Mar	2	Fitness	White	Hockey	Blue	2	Badminton	+White socks	Basketball	White socks
Change Activities	Change Activities	Change Activities		Change Activities		Change Activities	Change Activities		Change Activities	
Wk. Beginning Monday 20th Mar	1	Hockey	Blue	Fitness	White	1	Badminton	+White socks	Basketball	White socks
Wk. Beginning Monday 27th Mar	2	Hockey	Blue	Fitness	White	2	Badminton	+White socks	Basketball	White socks
Easter Holiday	Easter Holiday	Easter Holiday		Easter Holiday		Easter Holiday	Easter Holiday		Easter Holiday	

KS3 Plan 2022-23 - Year 9

Half Term One	Boys Activity	A	Kit	B	Kit	Girls Activity	A	Girls Kit (See Description)	B	Kit
Wk. Beginning Monday 5th Sept	1	Cooper Run and Skills Test	Blue	Cooper Run and Skills Test	Blue	1	Coopers Run and skills test	+White socks	Coopers Run and skills test	White socks
Wk. Beginning Monday 12th Sept	2	Basketball	White	Rugby	Blue	2	Netball	+White socks	Rugby	Blue sock, shin pads,
Wk. Beginning Monday 19th Sept	3	Basketball	White	Rugby	Blue	3	Netball	+White socks	Rugby	Blue sock, shin pads,
Wk. Beginning Monday 25th Sept	4	Basketball	White	Rugby	Blue	4	Netball	+White socks	Rugby	Blue sock, shin pads,
Wk. Beginning Monday 3rd Oct	5	Basketball	White	Rugby	Blue	5	Netball	+White socks	Rugby	Blue sock,

										shin pads,
Change Activities	Change Activities	Change Activities		Change Activities		Change Activities	Change Activities		Change Activities	
Wk. Beginning Monday 10th Oct	1	Rugby	Blue	Basketball	White	1	Hockey	+Blue sock, shin pads,	Badminton	White socks
Wk. Beginning Monday 17th Oct	2	Rugby	Blue	Basketball	White	2	Hockey	+Blue sock, shin pads,	Badminton	White socks
Half Term	Half Term	Half Term		Half Term		Half Term	Half Term		Half Term	
Wk. Beginning Monday 31st Oct	3	Rugby	Blue	Basketball	White	3	Hockey	+Blue sock, shin pads,	Badminton	White socks
Wk. Beginning Monday 7th Nov	4	Rugby	Blue	Basketball	White	4	Football	+Blue sock, shin pads,	Badminton	White socks
Wk. Beginning Monday 14th Nov	5	Rugby	Blue	Basketball	White	5	Football	+Blue sock, shin pads,	Badminton	White socks
Change Activities	Change Activities	Change Activities		Change Activities		Change Activities	Change Activities		Change Activities	
Wk. Beginning Monday 21st Nov	1	Fitness GCSE Taster	White	Badminton	White	1	Fitness	+White socks	Hockey	Blue sock, shin pads,

Wk. Beginning Monday 28th Nov	2	Fitness GCSE Taster	White	Badminton	White	2	Fitness	+White socks	Hockey	Blue sock, shin pads,
Wk. Beginning Monday 5th Dec		Inter Form Rugby	Blue	Inter Form Rugby	Blue		Inter Form Netball		Inter Form Netball	
Wk. Beginning Monday 12th Dec		Cross Country	Blue	Cross Country	Blue		Cross Country		Cross Country	
Christmas Holidays	Christmas Holidays	Christmas Holidays		Christmas Holidays		Christmas Holidays	Christmas Holidays		Christmas Holidays	
Wk. Beginning Monday 2nd Jan	3	Fitness GCSE Taster	White	Badminton	White	3	Fitness	+White socks	Hockey	Blue sock, shin pads,
Wk Beginning Monday 9th Jan	4	Fitness GCSE Taster	White	Badminton	White	4	Fitness	+White socks	Football	Blue sock, shin pads,
Wk Beginning Monday 16th Jan	5	Fitness GCSE Taster	White	Badminton	White	5	Fitness	+White socks	Football	Blue sock, shin pads,
Change Activities	Change Activities	Change Activities		Change Activities		Change Activities	Change Activities		Change Activities	

Wk Beginning Monday 23rd Jan	1	Badminton	White	Fitness GCSE Taster	White	1	Rugby	+Blue sock, shin pads,	Fitness	White socks
Wk Beginning Monday 30th Jan	2	Badminton	White	Fitness GCSE Taster	White	2	Rugby	+Blue sock, shin pads,	Fitness	White socks
Wk Beginning Monday 6th Feb	3	Badminton	White	Fitness GCSE Taster	White	3	Rugby	+Blue sock, shin pads,	Fitness	White socks
Half Term	Half Term	Half Term		Badminton		Half Term	Half Term		Half Term	
Wk Beginning Monday 20th Feb	4	Badminton	White	Fitness GCSE Taster	White	4	Rugby	+Blue sock, shin pads,	Fitness	White socks
Wk Beginning Monday 27th Feb	Inter Form	Football	Blue	Football	Blue	Inter Form	Hockey		Hockey	
Change Activities	Change Activities	Change Activities		Change Activities		Change Activities	Change Activities		Change Activities	
Wk. Beginning Monday 6th Mar	1	Table Tennis	White	Hockey	Blue	1	Badminton	+White socks	Basketball	White socks
Wk. Beginning Monday 13th Mar	2	Table Tennis	White	Hockey	Blue	2	Badminton	+White socks	Basketball	White socks
Change Activities	Change Activities	Change Activities		Change Activities		Change Activities	Change Activities		Change Activities	

Wk. Beginning Monday 20th Mar	1	Hockey	Blue	Table Tennis	White	1	Badminton	+White socks	Basketball	White socks
Wk. Beginning Monday 27th Mar	2	Hockey	Blue	Table Tennis	White	2	Badminton	+White socks	Basketball	White socks
Easter Holiday	Easter Holiday	Easter Holiday		Easter Holiday		Easter Holiday	Easter Holiday		Easter Holiday	

<u>Boys Blue Kit</u>	<u>Boys White Kit</u>	<u>Swimming PE Kit</u>	<u>Girls PE Kit</u>
Reversible Blue Rugby Top	Plain White T shirt/Polo Shirt	Swim Shorts/ Costume	Plain White Polo Shirt
Navy Blue Shorts	Plain White Shorts	Googles	Plain navy blue Shorts
Navy Blue Socks	Plain White Socks (Not School Socks)	Towel	Plain White Socks (Not School Socks)
Football Boots	Clean Indoor Trainers	Plastic Bag to Store Wet Kit	Sports trainers not fashion trainers
Towel		Hair Bobble if Needed	Gum Shield for Rugby and hockey
Gum Shield for Rugby			All Saints PE hoodie.
All Saints Hoodie (if cold) to we worm underneath the rugby top.			Hair bobble if hair can be tied back
			Long blue socks for rugby, hockey and football
			Football boots for rugby and football
			Shin pads for hockey and football

			Football boots for rugby and football
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