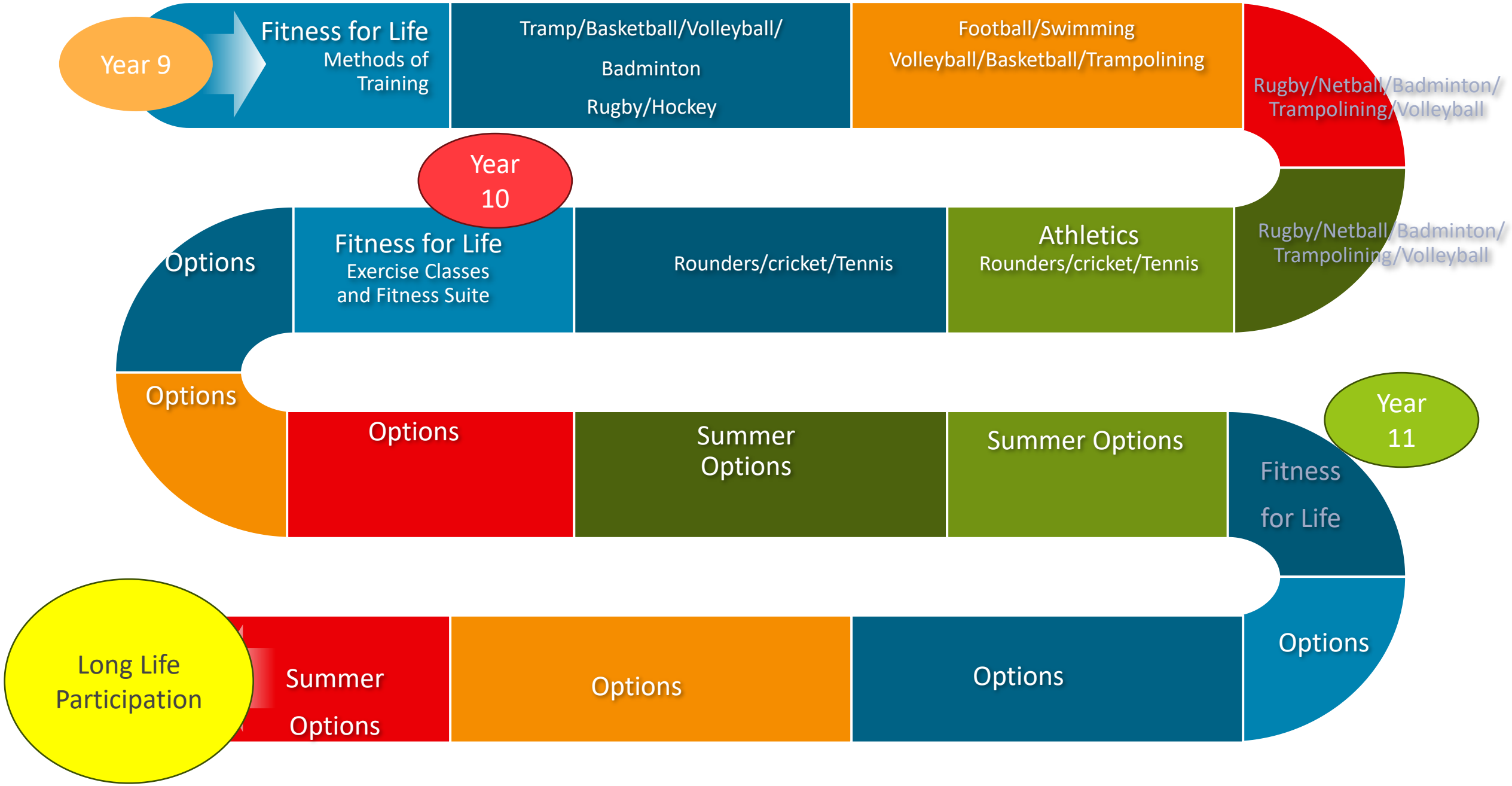
Year 9
Fitness for Life
Methods of Training
Tramp/Basketball/Volleyball/
Badminton
Rugby/Hockey
Football/Swimming
Volleyball/Basketball/Trampolining
Rugby/Netball/Badminton/
Trampolining/Volleyball
Year 10
Options
Fitness for Life
Exercise Classes
and Fitness Suite
Rounders/cricket/Tennis
Athletics
Rounders/cricket/Tennis
Rugby/Netball/Badminton/
Trampolining/Volleyball
Options
Options
Summer
Options
Summer Options
Year 11
Fitness
for Life
Long Life
Participation
Summer
Options
Options
Options
Options