

PE LEARNING JOURNEY: Y10 & 11 OPTIONS

Term	Team	Individual	Fitness
1	Touch Rugby	Badminton	Fitness Suite
	Netball	Trampolining	Aerobics
	Ultimate Frisbee or Pop Lacrosse	Boccia	Well-Being Walk
2	Dodgeball	Table Tennis	Fitness Suite
	Benchball	Just Dance	Yoga/Body Toning
	Kinball	Boccia	Well-Being Walk
3 & 4	Handball	Table Tennis	Fitness Suite
	Volleyball	Just Dance	Yoga/Body Toning
	Danish Longball	Orienteering	Well-Being Walk
5 & 6	Rounders	Tennis	Athletics
	Cricket	Golf	Well-Being Walk
	Capture The Flag	Pickleball	