

## PE LEARNING JOURNEY: Y10 & 11 OPTIONS

<b>Term</b>	<b>Team</b>	<b>Individual</b>	<b>Fitness</b>
<b>1**</b>	Pop Lacrosse	Badminton	Fitness Suite
	Netball	Trampolining	Aerobics
	Ultimate Frisbee		
<b>2**</b>	Dodgeball	Table tennis	Fitness Suite
	Benchball	Cheerleading	Just Dance
	Tag Rugby		
<b>3&amp;4**</b>	Handball	Well-being Walk	Fitness Suite
	Volleyball	Dance	Yoga
	Danish Longball		Body Toning
<b>5&amp;6**</b>	Rounders	Tennis	Well-being Walk
	Cricket	Golf	Athletics
	Capture The Flag		

\*\* (Maximum of 2 of the same activity in the same term)