

7 North	Male learning Intentions set 1	Male learning Intentions set 2	Female learning Intentions set 1	Female learning Intentions set 2
Week 1	Base Line Assessments	Base Line Assessments	Base Line Assessments	Base Line Assessments
Lesson 1	Football Skills	Football Skills	Netball Skills	Netball Skills
Lesson 2	Basketball Drills	Basketball Drills	Cooper Run	Cooper Run
Lesson 3	Cooper Run	Cooper Run	Bleep Test	Bleep Test
Week 2	Base Line Assessments	Base Line Assessments	Base Line Assessments	Base Line Assessments
Lesson 1	Bleep Test	Bleep Test	Football Skills	Football Skills
Lesson 2	Football	Football	Netball	Netball
Week 3	Football	Table Tennis	NETBALL	Rugby
Lesson 1	To be able to perform a pass using the side of the foot and understand the importance of receiving correctly. To be able to perform pass accurately in a small sided game, know when passing is used in football. To be able to outwit opponents with a pass.	To be able to demonstrate & use the correct grip. To be able to accurately replicate a basic backhand push shot. To understand the basic scoring and rules.	Introduction to the court, Perform the basic land and pivot Footwork principle Know & Practice basic netball passes Chest, bounce, shoulder, overhead	Ball familiarisation To be able to perform fundamental rugby handling skills. To be able to perform these in a small sided game to maintain ball. To develop their understanding and knowledge of the basic rules of rugby league.
Lesson 2	To be able to perform and accurately replicate different types of dribbling. To be able to outwit opponents with the combination of turns and dribbling. To be able to perform techniques in a small sided game making decisions about how best to advance on opposition.	To perform and replicate a legal table tennis serve. To be able to accurately replicate a variety of shots, including backhand push and serve. To understand the scoring and rotation needed for doubles games.	Passing the ball to a moving player. Footwork on the move catching and landing.	Intro passing & receiving/ 2 vs 1 To be able to perform basic passing & receiving with accuracy. To understand the rules regarding the pass and catching the ball (i.e. backwards pass and knock-ons). To perform skills in a small sided game making decisions about how best to advance on opposition.
Lesson 3	To understand the basic positions required in a football team. To know the importance of width and playing into space in order to attack.	To be able to replicate a basic forehand push. To begin to develop strategic and tactical play during a rally.	Positions on the court Knowing the off-side rule	Passing/Use of width. To understand the importance of width in order to attack.

	To develop strategic and tactical play.	To confidently score a game of doubles.		To demonstrate an understanding of the basic rules <i>i.e. no backwards pass + how to score a try.</i>
Week 4	FOTTBALL Contd	Table Tennis Contd	NETBALL Contd	RUGBY Cont'd
Lesson 1	To understand the basic positions required in a football team. To know the importance of width and playing into space in order to attack. To develop strategic and tactical play.	To be able to replicate a basic forehand push. To begin to develop strategic and tactical play during a rally. To confidently score a game of doubles.	Positions on the court Knowing the off-side rule	Passing/Use of width. To understand the importance of width in order to attack. To demonstrate an understanding of the basic rules <i>i.e. no backwards pass + how to score a try.</i>
Lesson 2	To perform and replicate an accurate and controlled shot on goal. To develop understanding and knowledge of how to execute a successful shot on goal <i>i.e.</i> head over the ball, use of laces. To appreciate how to adjust shot selection based on opponents positioning.	To be able to accurately replicate a forehand topspin shot. To understand the importance of movement and preparation for an effective forehand shot. To understand how to adjust shot selection based on opponents positioning.	Positions on the court Knowing the off-side rule	Tackling technique To develop their understanding and knowledge of how to tackle safely. To perform and accurately replicate the correct techniques for front and side tackles. To understand the rules regarding tackling within the game. <i>i.e. No high tackling.</i> To be able to evaluate tackling technique and 2 v 1 situation suggesting ways to improve.
Week 5	FOOTBALL Contd	TABLE TENNIS Contd	NETBALL Contd	RUGBY Cont'd
Lesson 1	To develop their understanding and knowledge of how to control the ball correctly. To perform the different types of control <i>e.g.</i> chest, thigh. Appreciate the need to make decisions about choice of technique, <i>eg.</i> Get in line early, judge the height of the ball.	To develop their understanding and knowledge of basic outwitting strategies. To understand and develop the use of spin and shot selection. To understand the double tactics and movement patterns.	Principles of attack: moving into a space. Importance of Possession: passing and moving.	Passing on the move in the line Working as a unit to bring the ball down the pitch. Looking at changing the direction of the ball.

Lesson 2	To be able to perform and develop defensive strategies i.e Tackling, jockeying. Gain understanding of how to defend in a 1v1 situation. To understand when to defend and how to stop opponents from advancing.	To develop their understanding and knowledge of the rules of singles matches. To understand and develop the use of spin and shot selection. To understand the tactics and movement patterns in singles.	Principles of defence: What skills do defenders need. Shadowing & tracking a player	Defensive line: How to move back to avoid being offside Be able to spot potential gaps within the defensive line.
Lesson 3	Assessment Lesson To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in football.	Assessment Lesson To demonstrate the ability to outwit an opponent in a game situation. To know and use the different types of shots.	Game Play: being able to play in more than one position. Discussion of own strengths & areas for improvement. Teacher assessment.	Attacking/outwitting an opponent To develop the decision making process in a game situation. To confidently describe the rules and laws of rugby league. To begin to recognize and identify strengths and weaknesses when playing small sided games
Week 6	TABLE TENNIS	FOOTBALL	RUGBY	NETBALL
Lesson 1	To be able to demonstrate & use the correct grip. To be able to accurately replicate a basic backhand push shot. To understand the basic scoring and rules.	To be able to perform a pass using the side of the foot and understand the importance of receiving correctly. To be able to perform pass accurately in a small sided game, know when passing is used in football. To be able to outwit opponents with a pass.	Ball familiarisation To be able to perform fundamental rugby handling skills. To be able to perform these in a small sided game to maintain ball. To develop their understanding and knowledge of the basic rules of rugby league.	Introduction to the court, Perform the basic land and pivot Footwork principle Know & Practice basic netball passes Chest, bounce, shoulder, overhead
Lesson 2	To perform and replicate a legal table tennis serve. To be able to accurately replicate a variety of shots, including backhand push and serve. To understand the scoring and rotation needed for doubles games.	To be able to perform and accurately replicate different types of dribbling. To be able to outwit opponents with the combination of turns and dribbling. To be able to perform techniques in a small sided game making	Intro passing & receiving/ 2 vs 1 To be able to perform basic passing & receiving with accuracy. To understand the rules regarding the pass and catching the ball (i.e. backwards pass and knock-ons).	Passing the ball to a moving player. Footwork on the move catching and landing.

		decisions about how best to advance on opposition.	To perform skills in a small sided game making decisions about how best to advance on opposition.	
Week 7	TABLE TENNIS Contd	FOOTBALL Contd	RUGBY Contd	NETBALL Contd
Lesson 1	To be able to replicate a basic forehand push. To begin to develop strategic and tactical play during a rally. To confidently score a game of doubles.	To understand the basic positions required in a football team. To know the importance of width and playing into space in order to attack. To develop strategic and tactical play.	Passing/Use of width. To understand the importance of width in order to attack. To demonstrate an understanding of the basic <i>rules i.e. no backwards pass + how to score a try.</i>	Positions on the court Knowing the off-side rule
Lesson 2	To be able to accurately replicate a forehand topspin shot. To understand the importance of movement and preparation for an effective forehand shot. To understand how to adjust shot selection based on opponents positioning.	To perform and replicate an accurate and controlled shot on goal. To develop understanding and knowledge of how to execute a successful shot on goal i.e. head over the ball, use of laces. To appreciate how to adjust shot selection based on opponents positioning.	Tackling technique To develop their understanding and knowledge of how to tackle safely. To perform and accurately replicate the correct techniques for front and side tackles. To understand the rules regarding tackling within the game. <i>i.e. No high tackling.</i> To be able to evaluate tackling technique and 2 v 1 situation suggesting ways to improve.	Positions on the court Knowing the off-side rule
Lesson 3	To develop their understanding and knowledge of basic outwitting strategies. To understand and develop the use of spin and shot selection. To understand the double tactics and movement patterns.	To develop their understanding and knowledge of how to control the ball correctly. To perform the different types of control e.g. chest, thigh. Appreciate the need to make decisions about choice of technique, eg. Get in line early, judge the height of the ball.	Passing on the move in the line Working as a unit to bring the ball down the pitch. Looking at changing the direction of the ball.	Principles of attack: moving into a space. Importance of Possession: passing and moving.

Week 8	TABLE TENNIS Cont'd lesson 1 / 2 lesson 3 HANDBALL	FOOTBALL Contd lesson 1 / 2 Lesson 3 HANDBALL	RUGBY Cont'd Lesson 1 & 2 / TABLE TENNIS or HOCKEY Lesson 3		NETBALL Contd Lesson 1 & 2 / FITNESS Lesson 3
Lesson 1	To develop their understanding and knowledge of the rules of singles matches. To understand and develop the use of spin and shot selection. To understand the tactics and movement patterns in singles.	To be able to perform and develop defensive strategies i.e Tackling, jockeying. Gain understanding of how to defend in a 1v1 situation. To understand when to defend and how to stop opponents from advancing.	Defensive line: How to move back to avoid being offside Be able to spot potential gaps within the defensive line.		Principles of defence: What skills do defenders need. Shadowing & tracking a player
Lesson 2	Assessment Lesson To demonstrate the ability to outwit an opponent in a game situation. To know and use the different types of shots.	Assessment Lesson To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in football.	Attacking/outwitting an opponent To develop the decision making process in a game situation. To confidently describe the rules and laws of rugby league. To begin to recognize and identify strengths and weaknesses when playing small sided games		Game Play: being able to play in more than one position. Discussion of own strengths & areas for improvement. Teacher assessment.
week 9	HANDBALL Contd	HANDBALL Contd	Table Tennis / Hockey Contd		FITNESS Contd
Lesson 1	To be able to perform fundamental handball handling skills. To be able to perform these in a small sided game to maintain possession. To develop their understanding and knowledge of the basic rules of Handball.	To be able to perform fundamental handball handling skills. To be able to perform these in a small sided game to maintain possession. To develop their understanding and knowledge of the basic rules of Handball.	To be able to demonstrate & use the correct grip. To be able to accurately replicate a basic backhand push shot. To understand the basic scoring and rules.	Introduction to the game. Equipment and safety introduction: how to hold the stick, how to control the stick, rules about hitting the ball/Puck etc. Ready Position: whole group running on whistle get into	Know a range of fitness tests. Aerobic warm up and stretches (locating major muscles and counting stretches) Fitness testing circuit – record results Abdominal curl (muscular endurance) Press up test (muscular endurance) Hand grip dynamometer (strength) Ruler drop (reaction time) Agility run (agility) Step up test (aerobic endurance)

				<p>ready position. Last one ready out.</p> <p>Dribbling: basic technique.</p> <p>Dribbling across width between cones in 4's. Gradually make the distance longer. Look at change over technique e.g. how to pick the ball/Puck from your partner.</p>	
Lesson 2	<p>To be able to perform basic passing & receiving with accuracy. To be able to outwit opponents with the use of these techniques. To understand the rules regarding the pass and catching the ball. To perform skills in a small sided game making decisions about how best to advance on opposition.</p>	<p>To be able to perform basic passing & receiving with accuracy. To be able to outwit opponents with the use of these techniques. To understand the rules regarding the pass and catching the ball. To perform skills in a small sided game making decisions about how best to advance on opposition.</p>	<p>To perform and replicate a legal table tennis serve. To be able to accurately replicate a variety of shots, including backhand push and serve. To understand the scoring and rotation needed for doubles games.</p>	<ul style="list-style-type: none"> • Dribbling control. <p>Progression: Vision Looking up: as dribble towards partner look up</p> <p>Progression: dribble & push Opposite partners in 4's cone on middle when reach the cone push to partner. Take ball/puck for a walk passing ball between each other.</p>	<p>Learn the technique for a range of different exercises. Teacher led circuit In small groups direct students to a station. At the station read the card and try to perform the correct technique. Teacher monitor. Group then delivers station to the rest of the class using demonstrations and explanation of technique. Complete circuit in pairs and peer coach each others technique. Number 1 work and number 2 rest/coach</p>

				Game: 3v1 No tackling just intercepting the ball, try and make as many passes as you can using good vision.	
Lesson 3	<p>To be able to outwit opponents using learnt skills and techniques.</p> <p>To understand the importance of width in order to attack.</p> <p>To demonstrate an understanding of the basic rules.</p> <p>To develop their understanding of strategic and tactical play in handball to beat and outwit an opponent.</p>	<p>To be able to outwit opponents using learnt skills and techniques.</p> <p>To understand the importance of width in order to attack.</p> <p>To demonstrate an understanding of the basic rules.</p> <p>To develop their understanding of strategic and tactical play in handball to beat and outwit an opponent.</p>	<p>To be able to replicate a basic forehand push.</p> <p>To begin to develop strategic and tactical play during a rally.</p> <p>To confidently score a game of doubles.</p>	<p>Pass and go: Getting feet around the ball: Passing down the court in pairs</p> <p>Passing and moving in small groups.</p> <p>Game 3v1: X1 defender: In playing area have small coned goals dotted around players have to try and work the ball through a goal to score.</p>	<p>Complete a teacher led circuit to improve your aerobic endurance.</p> <p>Circuit 1 min on each station</p> <p>Use aerobic circuit stations such as stars jumps, burpees, shuttle runs etc (cards in PE office)</p>
Week 10	HANDBALL Contd	HANDBALL Contd	Table Tennis / Hockey Contd	FITNESS Contd	
Lesson 1	<p>Defending technique</p> <p>To develop their understanding and knowledge of how to defend.</p> <p>To perform and accurately replicate the correct techniques for front and side blocking.</p> <p>To understand the rules regarding defending within the game.</p>	<p>Defending technique</p> <p>To develop their understanding and knowledge of how to defend.</p> <p>To perform and accurately replicate the correct techniques for front and side blocking.</p> <p>To understand the rules regarding defending within the game.</p>	<p>To be able to accurately replicate a forehand topspin shot.</p> <p>To understand the importance of</p>	<p>Possession: Focus upon control and stopping the ball/puck</p> <p>2 touch passing</p> <p>3v1 game: How many passes</p>	<p>Complete a circuit and identify the difference between aerobic exercise and anaerobic exercises.</p> <p>Aerobic and anaerobic circuit</p> <p>Difference between stations – can students identify which is aerobic and which is anaerobic</p>

			<p>movement and preparation for an effective forehand shot.</p> <p>To understand how to adjust shot selection based on opponents positioning.</p>	<p>before lose possession.</p> <p>Progression: 3v1 game: aim to dribble the ball with control over the line to score a point.</p>	
Lesson 2	<p>To be able to outwit opponents using learnt skills and techniques.</p> <p>To develop the decision making process in a game situation.</p> <p>To confidently describe the rules and laws of handball.</p> <p>To begin to recognize and identify strengths and weaknesses when playing small sided games</p>	<p>To be able to outwit opponents using learnt skills and techniques.</p> <p>To develop the decision making process in a game situation.</p> <p>To confidently describe the rules and laws of handball.</p> <p>To begin to recognize and identify strengths and weaknesses when playing small sided games</p>	<p>To develop their understanding and knowledge of basic outwitting strategies.</p> <p>To understand and develop the use of spin and shot selection.</p> <p>To understand the double tactics and movement patterns.</p>	<p>Vision & possession</p> <p>Pairs passing to each other through a gate/target.</p> <p>Pairs passing to each other through a gate/target.</p> <p>Hockey Tennis in groups of 4 (2v2). Small coned area. Aim to keep the ball in the court and keep possession.</p> <p>One ½ of pair on each side of the net. (coned line)</p> <p>Encourage use of angles, pushing to non-</p>	<p>Create your own circuit using your own ideas.</p> <p>Design own circuit in groups of 4 considering using both aerobic and anaerobic exercises.</p> <p>Each group of student given a mat and all relevant equipment to perform.</p> <p>Must have 6 different station and each station will last 1 minute</p> <p>Evaluate the stations using the scale (1-10) – which station was easiest how could it be changed for next week</p>

				stick side of opponents and looking for gaps. Small sided game – no tackling – must pass ball to progress around the pitch.	
week 11	HANDBALL Contd Lesson 1 / BASKETBALL Lesson 2	HANDBALL Contd Lesson 1 / BASKETBALL Lesson 2	Table Tennis / Hockey Contd / FITNESS Lesson 2		FITNESS Lesson 1
Lesson 1	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in rugby.	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in rugby.	To develop their understanding and knowledge of the rules of singles matches. To understand and develop the use of spin and shot selection. To understand the tactics and movement patterns in singles.	Game Play: Focus upon Passing and Vision. No tackling Make sure there is 2 touch hockey going on.	Acting on feedback from the previous week to improve a circuit. In the same groups from the previous week Make any changes to the circuit to make a station harder Must have 6 different station and each station will last 1min 20
Lesson 2	Show ability to make observations about how to improve play.	Show ability to make observations about how to improve play.	Assessment Lesson To demonstrate	Game Play: Focus upon Passing and Vision.	Show improved technique in different exercises by exercising safely and effectively activities such as multi-skills i.e. agility, balance, coordination as

	<p>Carry out a specific role within invasion games i.e. performer, leader/coach, and official.</p> <p>Show greater understanding of the rules and tactics required in handball.</p> <p>Show understanding of how involvement in handball can help in leading healthy and active lifestyles.</p>	<p>Carry out a specific role within invasion games i.e. performer, leader/coach, and official.</p> <p>Show greater understanding of the rules and tactics required in handball.</p> <p>Show understanding of how involvement in handball can help in leading healthy and active lifestyles.</p>	<p>the ability to outwit an opponent in a game situation.</p> <p>To know and use the different types of shots.</p>	<p>No tackling</p> <p>Make sure there is 2 touch hockey going on.</p> <p>Progression:</p> <p>Start to think about formations</p>	<p>well improved health related fitness components including cardiovascular and muscular endurance, flexibility etc.</p> <p>Evaluate and compare to previous week again using scale (1-10)</p>	
Lesson 3	<p>To be able to perform the fundamental basketball skill of ball handling.</p> <p>To be able to perform these in a small sided game to maintain possession.</p> <p>To develop their understanding and knowledge of the basic rules of Basketball.</p>	<p>To be able to perform the fundamental basketball skill of ball handling.</p> <p>To be able to perform these in a small sided game to maintain possession.</p> <p>To develop their understanding and knowledge of the basic rules of Basketball.</p>	<p>Know a range of fitness tests.</p> <p>Aerobic warm up and stretches (locating major muscles and counting stretches)</p> <p>Fitness testing circuit – record results</p> <p>Abdominal curl (muscular endurance)</p> <p>Press up test (muscular endurance)</p> <p>Hand grip dynamometer (strength)</p> <p>Ruler drop (reaction time)</p> <p>Agility run (agility)</p> <p>Step up test (aerobic endurance)</p>		<p>To be able to demonstrate & use the correct grip.</p> <p>To be able to accurately replicate a basic backhand push shot.</p> <p>To understand the basic scoring and rules.</p>	<p>Introduction to the game.</p> <p>Equipment and safety introduction: how to hold the stick, how to control the stick, rules about hitting the ball/Puck etc.</p> <p>Ready Position: whole group running on whistle get into ready position. Last one ready out.</p> <p>Dribbling: basic technique. Dribbling across width between cones in 4's. Gradually make the distance longer. Look at change over technique e.g. how to pick the ball/Puck from your partner.</p>
week 12	BASKETBALL Contd	BASKETBALL Contd	FITNESS Contd		Table Tennis / Hockey Contd	

Lesson 1	<p>To introduce & understand where passing is used in basketball.</p> <p>To be able to outwit opponents with passes and angled runs.</p> <p>To begin to understand the need of tactical movements to invade opponents basket.</p>	<p>To introduce & understand where passing is used in basketball.</p> <p>To be able to outwit opponents with passes and angled runs.</p> <p>To begin to understand the need of tactical movements to invade opponents basket.</p>	<p>Learn the technique for a range of different exercises.</p> <p>Teacher led circuit</p> <p>In small groups direct students to a station. At the station read the card and try to perform the correct technique. Teacher monitor.</p> <p>Group then delivers station to the rest of the class using demonstrations and explanation of technique.</p> <p>Complete circuit in pairs and peer coach each others technique.</p> <p>Number 1 work and number 2 rest/coach</p>	<p>To perform and replicate a legal table tennis serve.</p> <p>To be able to accurately replicate a variety of shots, including backhand push and serve.</p> <p>To understand the scoring and rotation needed for doubles games.</p>	<ul style="list-style-type: none"> Dribbling control. <p>Progression: Vision</p> <p>Looking up: as dribble towards partner look up</p> <p>Progression: dribble & push</p> <p>Opposite partners in 4's cone on middle when reach the cone push to partner.</p> <p>Take ball/puck for a walk passing ball between each other.</p> <p>Game: 3v1 No tackling just intercepting the ball, try and make as many passes as you can using good vision.</p>
Lesson 2	<p>To be able to perform the basic dribbling technique with control and accuracy.</p> <p>To be able to outwit opponents with the use of these skills.</p> <p>To be able to perform skills in a small sided game making decisions about how best to advance on opposition. To develop an understanding of the rule of travelling in Basketball.</p>	<p>To be able to perform the basic dribbling technique with control and accuracy.</p> <p>To be able to outwit opponents with the use of these skills.</p> <p>To be able to perform skills in a small sided game making decisions about how best to advance on opposition.</p> <p>To develop an understanding of the rule of travelling in Basketball.</p>	<p>Complete a teacher led circuit to improve your aerobic endurance.</p> <p>Circuit 1 min on each station</p> <p>Use aerobic circuit stations such as stars jumps, burpees, shuttle runs etc (cards in PE office)</p>	<p>To be able to replicate a basic forehand push.</p> <p>To begin to develop strategic and tactical play during a rally.</p> <p>To confidently score a game of doubles.</p>	<p>Pass and go:</p> <p>Getting feet around the ball:</p> <p>Passing down the court in pairs</p> <p>Passing and moving in small groups.</p> <p>Game 3v1:</p> <p>X1 defender: In playing area have small coned goals dotted around</p> <p>players have to try and work the ball through a goal to score.</p>

week 13	BASKETBALL Contd	BASKETBALL Contd	FITNESS Contd	Table Tennis / Hockey Contd	
Lesson 1	<p>To understand and know the benefits of the different types of shot.</p> <p>To develop their understanding and knowledge of how to execute a successful set shot.</p> <p>To be able to outwit opponents using learnt skills and techniques.</p> <p>To develop an understanding of the importance of width and playing into space in order to attack.</p>	<p>To understand and know the benefits of the different types of shot.</p> <p>To develop their understanding and knowledge of how to execute a successful set shot.</p> <p>To be able to outwit opponents using learnt skills and techniques.</p> <p>To develop an understanding of the importance of width and playing into space in order to attack.</p>	<p>Complete a circuit and identify the difference between aerobic exercise and anaerobic exercises.</p> <p>Aerobic and anaerobic circuit</p> <p>Difference between stations – can students identify which is aerobic and which is anaerobic</p>	<p>To be able to accurately replicate a forehand topspin shot.</p> <p>To understand the importance of movement and preparation for an effective forehand shot.</p> <p>To understand how to adjust shot selection based on opponents positioning.</p>	<p>Possession:</p> <p>Focus upon control and stopping the ball/puck</p> <p>2 touch passing</p> <p>3v1 game: How many passes before lose possession.</p> <p>Progression: 3v1 game: aim to dribble the ball with control over the line to score a point.</p>
Lesson 2	<p>To perform a basic lay up technique appreciating the outcome necessary.</p> <p>To develop their understanding and knowledge of how to outwit an opponent using appropriate shot selection.</p> <p>To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.</p>	<p>To perform a basic lay up technique appreciating the outcome necessary.</p> <p>To develop their understanding and knowledge of how to outwit an opponent using appropriate shot selection.</p> <p>To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.</p>	<p>Create your own circuit using your own ideas.</p> <p>Design own circuit in groups of 4 considering using both aerobic and anaerobic exercises.</p> <p>Each group of student given a mat and all relevant equipment to perform.</p> <p>Must have 6 different station and each station will last 1 minute</p> <p>Evaluate the stations using the scale (1-10) – which station was</p>	<p>To develop their understanding and knowledge of basic outwitting strategies.</p> <p>To understand and develop the use of</p>	<p>Vision & possession</p> <p>Pairs passing to each other through a gate/target.</p> <p>Pairs passing to each other through a gate/target.</p> <p>Hockey Tennis in groups of 4 (2v2).</p> <p>Small coned area.</p> <p>Aim to keep the ball in the court and keep</p>

			easiest how could it be changed for next week	spin and shot selection. To understand the double tactics and movement patterns.	possession. One ½ of pair on each side of the net. (coned line) Encourage use of angles, pushing to non-stick side of opponents and looking for gaps. Small sided game – no tackling – must pass ball to progress around the pitch.
Lesson 3	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. Pupils are to develop their knowledge and understanding of the rules in basketball.	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. Pupils are to develop their knowledge and understanding of the rules in basketball.	Acting on feedback from the previous week to improve a circuit. In the same groups from the previous week Make any changes to the circuit to make a station harder Must have 6 different station and each station will last 1min 20	To develop their understanding and knowledge of the rules of singles matches. To understand and develop the use of spin and shot selection. To understand the tactics and movement patterns in singles.	Game Play: Focus upon Passing and Vision. No tackling Make sure there is 2 touch hockey going on.
week 14	BASKETBALL Contd	BASKETBALL Contd	FITNESS Contd	Table Tennis / Hockey Contd	
Lesson 1	Further development – Inter form basketball comp.	Further development – Inter form basketball comp.	Show improved technique in different exercises by exercising	Assessment Lesson	Game Play:

	<p>2v2 ½ court trying to outwit opponents using skills.</p> <p>Small Sided Game-3v3 games full court.</p> <p>Contact when shooting = free throw.</p>	<p>2v2 ½ court trying to outwit opponents using skills.</p> <p>Small Sided Game-3v3 games full court.</p> <p>Contact when shooting = free throw.</p>	<p>safely and effectively activities such as multi-skills i.e. agility, balance, coordination as well improved health related fitness components including cardiovascular and muscular endurance, flexibility etc.</p> <p>Evaluate and compare to previous week again using scale (1-10)</p>	<p>To demonstrate the ability to outwit an opponent in a game situation.</p> <p>To know and use the different types of shots.</p>	<p>Focus upon Passing and Vision.</p> <p>No tackling</p> <p>Make sure there is 2 touch hockey going on.</p> <p>Progression:</p> <p>Start to think about formations</p>
Lesson 2					
Lesson 3					