

8 South	Male learning Intentions set 1	Male learning Intentions set 2	Female learning Intentions set 1	Female learning Intentions set 2
Week 1	FOOTBALL OUTSIDE / HALL	TABLE TENNIS STUDIO	NETBALL SPORTS HALL	FOOTBALL OUTSIDE
Lesson 1	<p>To be able to perform a pass using inside and outside of foot and understand the importance of receiving correctly.</p> <p>To be able to perform these in a small sided game.</p> <p>To understand and know where passing is used in football. To be able to outwit opponents with a variety of passes.</p>	<p>To be able to demonstrate & use the correct grip and understand the ready position.</p> <p>To be able to accurately replicate a basic backhand push shot.</p> <p>To demonstrate basic scoring and apply the rules of double game play.</p> <p>To understand when to use a backhand push in a game.</p>	<p>Develop footwork: Working at driving towards the ball</p> <p>Developing passing: working at passing and receiving the ball at different distances and speed.</p>	<p>To be able to perform a pass using inside and outside of foot and understand the importance of receiving correctly.</p> <p>To be able to perform these in a small sided game.</p> <p>To understand and know where passing is used in football. To be able to outwit opponents with a variety of passes.</p>
Lesson 2	<p>To be able to perform and accurately replicate different types of dribbling with control, speed and fluency.</p> <p>To be able to outwit opponents with the combination of turns and dribbling.</p> <p>To be able to perform techniques 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 with control and accuracy.</p> <p>To develop the skill of outwitting an opponent on serve.</p> <p>To understand the scoring and rotation needed for doubles games.</p>	<p>Develop attacking: Dodging and Changing direction.</p> <p>Working with both passive and active defenders.</p>	<p>To be able to perform and accurately replicate different types of dribbling with control, speed and fluency.</p> <p>To be able to outwit opponents with the combination of turns and dribbling.</p> <p>To be able to perform techniques in a small sided game making decisions about how best to advance on opposition.</p>
Lesson 3	<p>To be able to outwit opponents using learnt skills and techniques at speed.</p> <p>To understand the importance of width and team shape.</p> <p>To develop strategic and tactical play for both attack and defence.</p>	<p>To be able to replicate a basic forehand push.</p> <p>To understand the importance of movement and ball placement in order to win points.</p> <p>To understand when to use a forehand push in a game.</p>	<p>Develop defending: Reviewing shadowing skills.</p> <p>Looking at getting arms up in front of a player.</p>	<p>To be able to outwit opponents using learnt skills and techniques at speed.</p> <p>To understand the importance of width and team shape.</p> <p>To develop strategic and tactical play for both attack and defence.</p>
Week 2	FOOTBALL OUTSIDE / HALL Cont'd	TABLE TENNIS Cont'd	NETBALL Cont'd	FOOTBALL Cont'd

Lesson 1	<p>To perform and replicate an accurate, controlled shot on goal with power.</p> <p>To execute a successful shot on goal i.e. across goal.</p> <p>To appreciate how to adjust shot selection based on opponents positioning.</p> <p>To be able to assess & evaluate shooting techniques and suggest ways to improve.</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>Outwitting opponents: Thinking about which pass to use in different situations.</p>	<p>To perform and replicate an accurate, controlled shot on goal with power.</p> <p>To execute a successful shot on goal i.e. across goal.</p> <p>To appreciate how to adjust shot selection based on opponents positioning.</p> <p>To be able to assess & evaluate shooting techniques and suggest ways to improve.</p>
Lesson 2	<p>To develop understanding and knowledge of how to control the ball correctly.</p> <p>To perform the different types of control and from a variety of distances e.g. chest, thigh.</p> <p>Appreciate the need to make decisions about choice of technique, eg. Get in line early, judge the height of the ball.</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>Tactical play e.g. Free pass/ penalty pass who should take the pass and why?</p> <p>Positioning on court for certain scenarios.</p>	<p>To develop understanding and knowledge of how to control the ball correctly.</p> <p>To perform the different types of control and from a variety of distances e.g. chest, thigh.</p> <p>Appreciate the need to make decisions about choice of technique, eg. Get in line early, judge the height of the ball.</p>
Week 3	FOOTBALL OUTSIDE / HALL Cont'd	TABLE TENNIS Cont'd	NETBALL Cont'd	FOOTBALL Cont'd
Lesson 1	<p>To be able to perform and develop defensive strategies i.e Tackling, jockeying, forcing onto weaker foot.</p> <p>Gain understanding of how to defend in a 1v1 or 2v2 situation.</p> <p>To understand when to defend and how to stop opponents from advancing.</p>	<p>To develop their understanding and knowledge of the rules of singles matches.</p> <p>To understand and develop the use of spin and shot selection.</p> <p>To understand the tactics and movement patterns in singles.</p>	<p>Tactical Play: Positioning on court for certain scenarios: backline pass, sideline pass.</p> <p>Movement for these scenarios.</p>	<p>To be able to perform and develop defensive strategies i.e Tackling, jockeying, forcing onto weaker foot.</p> <p>Gain understanding of how to defend in a 1v1 or 2v2 situation.</p> <p>To understand when to defend and how to stop opponents from advancing.</p>
Lesson 2	<p>Assessment Lesson</p> <p>To demonstrate the ability to outwit an opponent in a game</p>	<p>Assessment Lesson</p> <p>To demonstrate the ability to outwit an opponent in a game</p>	<p>Game Play: Thinking about passing and positioning on court.</p> <p>Discussion of own strengths & areas for improvement.</p>	<p>Assessment Lesson</p> <p>To demonstrate the ability to outwit an opponent in a game</p>

	<p>situation using the appropriate skills and techniques.</p> <p>The pupils are to develop their knowledge and understanding of the rules in football.</p>	<p>situation using the appropriate skills and techniques.</p> <p>To know and use the different types of shots.</p>	<p>Teacher assessment.</p>	<p>situation using the appropriate skills and techniques.</p> <p>The pupils are to develop their knowledge and understanding of the rules in football.</p>
Lesson 3	<p>To be able to demonstrate & use the correct grip and understand the ready position.</p> <p>To be able to accurately replicate a basic backhand push shot.</p> <p>To demonstrate basic scoring and apply the rules of double game play.</p> <p>To understand when to use a backhand push in a game.</p>	<p>To be able to perform a pass using inside and outside of foot and understand the importance of receiving correctly.</p> <p>To be able to perform these in a small sided game.</p> <p>To understand and know where passing is used in football. To be able to outwit opponents with a variety of passes.</p>	<p>To be able to perform a pass using inside and outside of foot and understand the importance of receiving correctly.</p> <p>To be able to perform these in a small sided game.</p> <p>To understand and know where passing is used in football. To be able to outwit opponents with a variety of passes.</p>	<p>Develop footwork: Working at driving towards the ball</p> <p>Developing passing: working at passing and receiving the ball at different distances and speed.</p>
Week 4	Table Tennis Studio	FOOTBALL OUTSIDE / HALL	FOOTBALL OUTSIDE / HALL	NETBALL SPORTS HALL
Lesson 1	<p>To perform and replicate a legal table tennis serve with control and accuracy.</p> <p>To develop the skill of outwitting an opponent on serve.</p> <p>To understand the scoring and rotation needed for doubles games.</p>	<p>To be able to perform and accurately replicate different types of dribbling with control, speed and fluency.</p> <p>To be able to outwit opponents with the combination of turns and dribbling.</p> <p>To be able to perform techniques in a small sided game making decisions about how best to advance on opposition.</p>	<p>To be able to perform and accurately replicate different types of dribbling with control, speed and fluency.</p> <p>To be able to outwit opponents with the combination of turns and dribbling.</p> <p>To be able to perform techniques in a small sided game making decisions about how best to advance on opposition.</p>	<p>Develop attacking: Dodging and Changing direction.</p> <p>Working with both passive and active defenders.</p>
Lesson 2	<p>To be able to replicate a basic forehand push.</p> <p>To understand the importance of movement and ball placement in order to win points.</p> <p>To understand when to use a forehand push in a game.</p>	<p>To be able to outwit opponents using learnt skills and techniques at speed.</p> <p>To understand the importance of width and team shape.</p> <p>To develop strategic and tactical play for both attack and defence.</p>	<p>To be able to outwit opponents using learnt skills and techniques at speed.</p> <p>To understand the importance of width and team shape.</p> <p>To develop strategic and tactical play for both attack and defence.</p>	<p>Develop defending: Reviewing shadowing skills.</p> <p>Looking at getting arms up in front of a player.</p>

Week 5	Table Tennis cont'd	FOOTBALL Cont'd	FOOTBALL Cont'd	NETBALL Cont'd
Lesson 1	<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>To perform and replicate an accurate, controlled shot on goal with power.</p> <p>To execute a successful shot on goal i.e. across goal.</p> <p>To appreciate how to adjust shot selection based on opponents positioning.</p> <p>To be able to assess & evaluate shooting techniques and suggest ways to improve.</p>	<p>To perform and replicate an accurate, controlled shot on goal with power.</p> <p>To execute a successful shot on goal i.e. across goal.</p> <p>To appreciate how to adjust shot selection based on opponents positioning.</p> <p>To be able to assess & evaluate shooting techniques and suggest ways to improve.</p>	<p>Outwitting opponents: Thinking about which pass to use in different situations.</p>
Lesson 2	<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>To develop understanding and knowledge of how to control the ball correctly.</p> <p>To perform the different types of control and from a variety of distances e.g. chest, thigh.</p> <p>Appreciate the need to make decisions about choice of technique, eg. Get in line early, judge the height of the ball.</p>	<p>To develop understanding and knowledge of how to control the ball correctly.</p> <p>To perform the different types of control and from a variety of distances e.g. chest, thigh.</p> <p>Appreciate the need to make decisions about choice of technique, eg. Get in line early, judge the height of the ball.</p>	<p>Tactical play e.g. Free pass/ penalty pass who should take the pass and why?</p> <p>Positioning on court for certain scenarios.</p>
Lesson 3	<p>To develop their understanding and knowledge of the rules of singles matches.</p> <p>To understand and develop the use of spin and shot selection.</p> <p>To understand the tactics and movement patterns in singles.</p>	<p>To be able to perform and develop defensive strategies i.e Tackling, jockeying, forcing onto weaker foot.</p> <p>Gain understanding of how to defend in a 1v1 or 2v2 situation.</p> <p>To understand when to defend and how to stop opponents from advancing.</p>	<p>To be able to perform and develop defensive strategies i.e Tackling, jockeying, forcing onto weaker foot.</p> <p>Gain understanding of how to defend in a 1v1 or 2v2 situation.</p> <p>To understand when to defend and how to stop opponents from advancing.</p>	<p>Tactical Play: Positioning on court for certain scenarios: backline pass, sideline pass.</p> <p>Movement for these scenarios.</p>
Week 6	Table Tennis cont'd / Basket Ball Lesson 3	FOOTBALL Lesson 1 & 2 / RUGBY Lesson 3	FOOTBALL Lesson 1 & 2 / TABLE TENNIS or HOCKEY Lesson 3	NETBALL Cont'd Lesson 1 / FITNESS Lesson 2 & 3

Lesson 1	<p>Assessment Lesson</p> <p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.</p> <p>To know and use the different types of shots.</p>	<p>Assessment Lesson</p> <p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.</p> <p>The pupils are to develop their knowledge and understanding of the rules in football.</p>	<p>Assessment Lesson</p> <p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.</p> <p>The pupils are to develop their knowledge and understanding of the rules in football.</p>	<p>Game Play: Thinking about passing and positioning on court.</p> <p>Discussion of own strengths & areas for improvement.</p> <p>Teacher assessment.</p>	
Lesson 2	<p>To be able to perform passing and receiving techniques and use to outwit opposition.</p> <p>To be able to perform these in a small sided game with success.</p> <p>To use dribbling technique correctly and understand what constitutes a double dribble and traveling</p>	<p>Recap passing & refine handling skills</p> <p>To develop and replicate fundamental rugby handling skills.</p> <p>To be able to perform these in a small sided game to maintain ball possession To confidently describe the rules of rugby league.</p>	<p>To be able to demonstrate & use the correct grip and understand the ready position.</p> <p>To be able to accurately replicate a basic backhand push shot.</p> <p>To demonstrate basic scoring and apply the rules of double game play.</p> <p>To understand when to use a backhand push in a game.</p>	<p>Recap Lesson:</p> <p>Looking at basic dribbling</p> <p>Stick skill/management</p> <p>Vision and looking up</p> <p>Basic passing</p>	<p>Perform fitness test for cardiovascular endurance and interpret the result against normative data.</p> <p>Student led warm up (pulse raiser and stretches)</p> <p>Multi stage fitness test</p> <p>Record result and compare against normative data</p> <p>Understand the purpose of the test and what it means for the individual.</p>
Week 7	Basket Ball Cont'd	RUGBY Cont'd	TABLE TENNIS Cont'd	HOCKEY Cont'd	FITNESS Cont'd
Lesson 1	<p>To develop an understanding about attacking principles related to basketball.</p>	<p>Developing passing/ 4 vs 2</p> <p>To understand and accurately replicate the scissors & miss pass, and how to receive it.</p>	<p>To perform and replicate a legal table tennis serve</p>	<p>Job:</p> <p>Jab first</p> <p>Talk about shadowing</p>	<p>Perform fitness tests for cardiovascular endurance and interpret the result against normative data.</p>

	<p>To perform and accurately replicate a range of dribbling skills to outwit opponents.</p> <p>To understand the need of tactical movements and strategies to invade opponent's half.</p>	<p>To create and develop varying strategic ways of getting passed defenders.</p> <p>To understand the rules of rugby league i.e. 5 tackles + play the ball.</p>	<p>with control and accuracy.</p> <p>To develop the skill of outwitting an opponent on serve.</p> <p>To understand the scoring and rotation needed for doubles games.</p>	<p>3v1 games with just jab tackle & shadowing</p>	<p>Student led warm up (pulse raiser and stretches)</p> <p>Cooper run</p> <p>In pairs – one counting and one running</p> <p>X laps by 100 to give total distance</p> <p>Record result and compare against normative data</p> <p>Understand the purpose of the test and what it means for the individual</p>
Lesson 2	<p>To be able to outwit opponents with the use of defending skills. <i>i.e. interception, strip, side step.</i></p> <p>To be able to perform skills in a small sided game making decisions about how best to stop opposition.</p> <p>To develop an understanding about rebounding and accurately replicate.</p>	<p>Develop tackling technique</p> <p>To develop an understanding and knowledge of tackling technique.</p> <p>To replicate the correct technique on advancing opposition.</p> <p>To understand the safety aspects of rugby tackles.</p> <p>To understand the rules regarding tackling within the game.</p>	<p>To be able to replicate a basic forehand push.</p> <p>To understand the importance of movement and ball placement in order to win points.</p> <p>To understand when to use a forehand push in a game.</p>	<p>Block tackle: Drills & bully off practice</p> <p>3v1 games just block tackles</p> <p>Avoidance of swiping</p>	<p>Understand the terms sets and repetitions and how progression should be used in circuit training.</p> <p>Warm up: recap the exercises use MA students to demonstrate</p> <p>Progression circuit</p> <ul style="list-style-type: none"> •8-10 stations •On the first go around the circuit students complete 1 repetition on each station •On the second go around the circuit students complete 2 repetitions on each station •.... Until they reach 10 repetitions •This can be done in pairs and students cannot move onto the next station until both students in the pair have completed the repetitions (encourages teamwork and support)
Lesson 3	<p>To understand and know the benefits of types of shots.</p>	<p>Tactical play/outwitting opponents</p>	<p>To be able to accurately replicate a</p>	<p>Game play using tackling.</p>	<p>Know how to measure heart rate and how it can be used in training.</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 knowledge and understanding of strategic play used to outwit opponents.</p> <p>To be able to change and refine tactics based on the analysis of certain plays and opposition.</p> <p>To confidently describe the laws of rugby league and officiate parts of a game.</p>	<p>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>Focus upon decision making & tackling is it best to Jab/shadow/block</p>	<p>Measure resting heart rate at the start of the lesson. Explain the term maximum heart rate and training zone for aerobic endurance.</p> <p>Circuit</p> <p>8-10 stations</p> <p>Students work in pairs and decide on a time for each station based on their fitness test scores and previous weeks' circuit.</p> <p>After 10 minutes ask students to take heart rate. Discuss the different heart rates and link to training zones.</p> <p>Continue with circuit</p>
Week 8	Basket Ball Cont'd	RUGBY Cont'd	TABLE TENNIS Cont'd	HOCKEY Cont'd	FITNESS Cont'd
Lesson 1	<p>To perform the jump shot appreciating the outcome necessary.</p> <p>To develop their understanding and knowledge of how to outwit an opponent using accurate replication of shooting techniques.</p> <p>To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.</p>	<p>Defending</p> <p>To develop an understanding of The defending line.</p> <p>To identify when the defending line is working or when needs adjusting.</p> <p>Working as part of a team to create a strong defending line.</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>How to deal with Tackling;</p> <p>Off loading the ball/puck</p> <p>Protecting the ball/puck</p> <p>Passing backwards and support.</p> <p>Indian Dribble/dragging the ball puck across the body</p>	<p>Create your own circuit based on your training goals (specific).</p> <p>Circuit own design specific to you and your goals</p> <p>Design own circuit in pairs considering using both aerobic and anaerobic exercises from year 7.</p> <p>Each group of students to be 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) OR heart rate – which station was easiest how could it be changed for next week</p>

Lesson 2	<p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.</p> <p>To develop knowledge of basketball rules (i.e. contact)</p> <p>To develop an understanding of the importance of width and playing into space in order to attack.</p>	<p>Game Play</p> <p>Look at allocating roles that suit the strengths of individuals within a game: e.g. the captain, the main try scorer, key defenders</p>	<p>To develop their understanding and knowledge of the rules of singles matches.</p> <p>To understand and develop the use of spin and shot selection.</p> <p>To understand the tactics and movement patterns in singles.</p>	<p>Hockey Kabaddi: Possession games: The defender can use block or jab tackle to swipe the ball/puck away either off the pitch or to their side. Attackers use the skills learnt to protect the ball/puck</p>	<p>Acting on feedback from the previous week progress your circuit.</p> <p>Progression of your own circuit</p> <ul style="list-style-type: none"> •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 •Evaluate and compare to previous week again using scale (1-10) or HR
week 9	Basket Ball Lesson 1 / Rugby outside Lesson 2	RUGBY Cont'd Lesson 1 / Basketball Lesson 2	TABLE TENNIS Lesson 1 / FITNESS Lesson 2	HOCKEY / FITNESS Lesson 2	FITNESS Lesson 1 / TABLE TENNIS or HOCKEY Lesson 2
Lesson 1	<p>The pupils are to develop their knowledge and understanding of the rules in basketball.</p> <p>To demonstrate a developing understanding of basketball.</p>	<p>Assessment</p> <p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.</p> <p>To accurately replicate actions and tactical sequences. To show their knowledge and understanding of the rules in rugby.</p>	<p>Assessment Lesson</p> <p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.</p> <p>To know and use the different types of shots.</p>	<p>Game Play Assessment.</p> <p>Using tackles</p> <p>Indian dribble</p> <p>Protecting the ball/puck</p> <p>Passing backwards.</p>	<p>Show improved technique in different exercises by exercising 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>Show improved understanding of the principles of training, training methods and concepts and health and fitness strategies.</p>

Lesson 2	<p>Recap passing & refine handling skills</p> <p>To develop and replicate fundamental rugby handling skills.</p> <p>To be able to perform these in a small sided game to maintain ball possession to confidently describe the rules of rugby league.</p>	<p>To be able to perform passing and receiving techniques and use to outwit opposition.</p> <p>To be able to perform these in a small sided game with success.</p> <p>To use dribbling technique correctly and understand what constitutes a double dribble and traveling</p>	<p>Perform fitness test for cardiovascular endurance and interpret the result against normative data.</p> <p>Student led warm up (pulse raiser and stretches)</p> <p>Multi stage fitness test</p> <p>Record result and compare against normative data</p> <p>Understand the purpose of the test and what it means for the individual.</p>	<p>To be able to demonstrate & use the correct grip and understand the ready position.</p> <p>To be able to accurately replicate a basic backhand push shot.</p> <p>To demonstrate basic scoring and apply the rules of double game play.</p> <p>To understand when to use a backhand push in a game.</p>	<p>Recap Lesson:</p> <p>Looking at basic dribbling</p> <p>Stick skill/management</p> <p>Vision and looking up</p> <p>Basic passing</p>
Lesson 3	<p>Developing passing/ 4 vs 2</p> <p>To understand and accurately replicate the scissors & miss pass, and how to receive it.</p> <p>To create and develop varying strategic ways of getting passed defenders.</p>	<p>To develop an understanding about attacking principles related to basketball.</p> <p>To perform and accurately replicate a range of dribbling skills to outwit opponents.</p> <p>To understand the need of tactical movements and strategies to invade opponent's half.</p>	<p>Perform fitness tests for cardiovascular endurance and interpret the result against normative data.</p> <p>Student led warm up (pulse raiser and stretches)</p> <p>Cooper run</p> <p>In pairs – one counting and one running</p>	<p>To perform and replicate a legal table tennis serve with control and accuracy.</p> <p>To develop the skill of outwitting an</p>	<p>Jab:</p> <p>Jab first</p> <p>Talk about shadowing</p> <p>3v1 games with just jab tackle & shadowing</p>

	To understand the rules of rugby league i.e. 5 tackles + play the ball.		X laps by 100 to give total distance Record result and compare against normative data Understand the purpose of the test and what it means for the individual	opponent on serve. To understand the scoring and rotation needed for doubles games.	
Week 10	Rugby Outside Cont'd	BASKETBALL Cont'd	FITNESS Cont'd	TABLE TENNIS Cont'd	HOCKEY Cont'd
Lesson 1	<p>Develop tackling technique</p> <p>To develop an understanding and knowledge of tackling technique. To replicate the correct technique on advancing opposition. To understand the safety aspects of rugby tackles. To understand the rules regarding tackling within the game.</p>	<p>To be able to outwit opponents with the use of defending skills. <i>i.e. interception, strip, side step.</i></p> <p>To be able to perform skills in a small sided game making decisions about how best to stop opposition. To develop an understanding about rebounding and accurately replicate.</p>	<p>Understand the terms sets and repetitions and how progression should be used in circuit training. Warm up: recap the exercises use MA students to demonstrate Progression circuit</p> <ul style="list-style-type: none"> •8-10 stations •On the first go around the circuit students complete 1 repetition on each station •On the second go around the circuit students complete 2 repetitions on each station •... Until they reach 10 repetitions •This can be done in pairs and students cannot move onto the next station until both students in the pair have completed the repetitions (encourages teamwork and support) 	<p>To be able to replicate a basic forehand push. To understand the importance of movement and ball placement in order to win points. To understand when to use a forehand push in a game.</p>	<p>Block tackle: Drills & bully off practice 3v1 games just block tackles Avoidance of swiping</p>
Lesson 2	<p>Tactical play/outwitting opponents</p> <p>To develop knowledge and understanding of strategic play used to outwit opponents.</p>	<p>To understand and know the benefits of types of shots. To develop their understanding and knowledge of how to execute a successful set shot.</p>	<p>Know how to measure heart rate and how it can be used in training. Measure resting heart rate at the start of the lesson. Explain the term</p>	<p>To be able to accurately replicate a forehand topspin shot.</p>	<p>Game play using tackling. Focus upon decision making & tackling is it</p>

	<p>To be able to change and refine tactics based on the analysis of certain plays and opposition. To confidently describe the laws of rugby league and officiate parts of a game.</p>	<p>To be able to outwit opponents using learnt skills and techniques.</p>	<p>maximum heart rate and training zone for aerobic endurance. Circuit 8-10 stations Students work in pairs and decide on a time for each station based on their fitness test scores and previous weeks' circuit. After 10 minutes ask students to take heart rate. Discuss the different heart rates and link to training zones. Continue with circuit</p>	<p>To understand the importance of movement and preparation for an effective forehand shot. To understand how to adjust shot selection based on opponents positioning.</p>	<p>best to Jab/shadow/block</p>
week 11	Rugby Outside Cont'd	BASKETBALL Cont'd	FITNESS Cont'd	TABLE TENNIS Cont'd	HOCKEY Cont'd
Lesson 1	<p>Defending</p> <p>To develop an understanding of The defending line. To identify when the defending line is working or when needs adjusting. Working as part of a team to create a strong defending line.</p>	<p>To perform the jump shot appreciating the outcome necessary. To develop their understanding and knowledge of how to outwit an opponent using accurate replication of shooting techniques. To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.</p>	<p>Create your own circuit based on your training goals (specific). Circuit own design specific to you and your goals Design own circuit in pairs considering using both aerobic and anaerobic exercises from year 7. Each group of students to be given a mat and all relevant equipment to perform. Must have 6 different station and each station will last 1 minute Evaluate the stations using the scale (1-10) OR heart rate – which station was easiest how could it be changed for next week</p>	<p>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</p>	<p>How to deal with Tackling; Off loading the ball/puck Protecting the ball/puck Passing backwards and support. Indian Dribble/dragging the ball puck across the body</p>

				tactics and movement patterns.	
Lesson 2	<p>Game Play Look at allocating roles that suit the strengths of individuals within a game: e.g. the captain, the main try scorer, key defenders</p>	<p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To develop knowledge of basketball rules (i.e. contact) To develop an understanding of the importance of width and playing into space in order to attack.</p>	<p>Acting on feedback from the previous week progress your circuit. Progression of your own circuit</p> <ul style="list-style-type: none"> •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 •Evaluate and compare to previous week again using scale (1-10) or HR 	<p>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.</p>	<p>Hockey Kabaddi: Possession games: The defender can use block or jab tackle to swipe the ball/puck away either off the pitch or to their side. Attackers use the skills learnt to protect the ball/puck</p>
Lesson 3	<p>Assessment To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To accurately replicate actions and tactical sequences. To show their knowledge and understanding of the rules in rugby.</p>	<p>The pupils are to develop their knowledge and understanding of the rules in basketball. To demonstrate a developing understanding of basketball.</p>	<p>Show improved technique in different exercises by exercising 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. Show improved understanding of the principles of training, training methods and concepts and health and fitness strategies.</p>	<p>Assessment Lesson To demonstrate the ability to outwit an opponent in a game situation using the appropriate</p>	<p>Game Play Assessment. Using tackles Indian dribble Protecting the ball/puck Passing backwards.</p>

				skills and techniques. To know and use the different types of shots.	
week 12	Rugby Outside Cont'd Lesson 1 / Gymnastics Hall	BASKETBALL Cont'd Lesson 1 / FITNESS Lesson 2 & 3	FITNESS Lesson 1 / Doubled up HANDBALL Lesson 2 & 3	TABLE TENNIS Lesson 1 / HANDBALL Lesson 2 & 3	HOCKEY Lesson 1 / HANDBALL Lesson 2 & 3
Lesson 1	Recap: Body Tension, Counter Balance and Counter Tension Reminder of the 3 's' Working to create a small routine.	Perform fitness test for cardiovascular endurance and interpret the result against normative data. Student led warm up (pulse raiser and stretches) Multi stage fitness test Record result and compare against normative data Understand the purpose of the test and what it means for the individual.	To develop and replicate fundamental handball handling skills. To be able to perform these in a small sided game to maintain ball possession & outwit opponents. To confidently describe the rules of handball.	To develop and replicate fundamental handball handling skills. To be able to perform these in a small sided game to maintain ball possession & outwit opponents. To confidently describe the rules of handball.	
Lesson 2	Basic Acrogyrnastics. Pair balances Safety principles using the correct grip & moving in and out of balance. Stand on Knee, Flying Angel.	Perform fitness tests for cardiovascular endurance and interpret the result against normative data. Student led warm up (pulse raiser and stretches) Cooper run In pairs – one counting and one running X laps by 100 to give total distance Record result and compare against normative data	To understand and accurately replicate different formations. To create and develop varying strategic ways of getting passed defenders. To understand the rules of handball. To perform skills in a small sided game with pressure from opposition.	To understand and accurately replicate different formations. To create and develop varying strategic ways of getting passed defenders. To understand the rules of handball. To perform skills in a small sided game with pressure from opposition.	

		Understand the purpose of the test and what it means for the individual		
week 13	GYMNASTICS Cont'd	FITNESS Cont'd	HANDBALL Cont'd	HANDBALL Cont'd
Lesson 1	Larger group balances. Can build upon basic balances to include other students. Recall the basic balances from yr7 to add to the acro balances.	Understand the terms sets and repetitions and how progression should be used in circuit training. Warm up: recap the exercises use MA students to demonstrate Progression circuit •8-10 stations •On the first go around the circuit students complete 1 repetition on each station •On the second go around the circuit students complete 2 repetitions on each station •.... Until they reach 10 repetitions •This can be done in pairs and students cannot move onto the next station until both students in the pair have completed the repetitions (encourages teamwork and support)	To develop an understanding and knowledge of blocking technique. To replicate the correct technique on advancing opposition. To understand the rules regarding defending within the game.	To develop an understanding and knowledge of blocking technique. To replicate the correct technique on advancing opposition. To understand the rules regarding defending within the game.
Lesson 2	How to successfully try out a new balance. Explore different more complicated balances. Being able to look at a resource to figure out how to approach a new balance.	Know how to measure heart rate and how it can be used in training. Measure resting heart rate at the start of the lesson. Explain the term maximum heart rate and training zone for aerobic endurance. Circuit 8-10 stations Students work in pairs and decide on a time for each station based on	To develop knowledge and understanding of strategic play used to outwit opponents. To be able to change and refine tactics based on the analysis of certain plays and opposition.	To develop knowledge and understanding of strategic play used to outwit opponents. To be able to change and refine tactics based on the analysis of certain plays and opposition.

		<p>their fitness test scores and previous weeks' circuit.</p> <p>After 10 minutes ask students to take heart rate. Discuss the different heart rates and link to training zones.</p> <p>Continue with circuit</p>		
Lesson 3	<p>Create routine.</p> <p>Begin to work with their groups to establish which balances are their strengths.</p> <p>Focus and understanding of the importance of a starting position.</p> <p>Moving into and out of a balance</p>	<p>Create your own circuit based on your training goals (specific).</p> <p>Circuit own design specific to you and your goals</p> <p>Design own circuit in pairs considering using both aerobic and anaerobic exercises from year 7.</p> <p>Each group of students to be 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) OR heart rate – which station was easiest how could it be changed for next week</p>	<p>To develop an understanding of how defend in handball.</p> <p>To develop the decision making process in a game situation.</p> <p>To begin to recognize and identify strengths and weaknesses when playing small sided games</p>	<p>To develop an understanding of how defend in handball.</p> <p>To develop the decision making process in a game situation.</p> <p>To begin to recognize and identify strengths and weaknesses when playing small sided games</p>
week 14	GYMNASTICS Cont'd	FITNESS Cont'd	HANDBALL Cont'd	HANDBLL Cont'd
Lesson 1	<p>Self-Assessment on routine</p> <p>Be able to identify the areas of strength of own routine using key concepts such as 3 's', tension</p>	<p>Acting on feedback from the previous week progress your circuit.</p> <p>Progression of your own circuit</p> <ul style="list-style-type: none"> •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 •Evaluate and compare to previous week again using scale (1-10) or HR 	<p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.</p> <p>To accurately replicate actions and tactical sequences.</p> <p>To show their knowledge and understanding of the rules in handball.</p>	<p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.</p> <p>To accurately replicate actions and tactical sequences.</p> <p>To show their knowledge and understanding of the rules in handball.</p>

Lesson 2	<p>Performance Being able to perform in front of others under pressure.</p>	<p>Show improved technique in different exercises by exercising 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. Show improved understanding of the principles of training, training methods and concepts and health and fitness strategies.</p>	<p>To confidently describe the laws of handball and officiate parts of a game. To confidently describe the rules and laws of rugby league.</p>	<p>To confidently describe the laws of handball and officiate parts of a game. To confidently describe the rules and laws of rugby league.</p>
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