

9 North & South	Male learning Intentions set 1	Male learning Intentions set 2	Female learning Intentions set 1	Female learning Intentions set 2
Week 1	Football	Table Tennis	Netball	Football
Lesson 1	<p>To understand the benefits of passing and where different types of passes should be used i.e. Over defensive line.</p> <p>To be able to outwit opponents with a variety of passes.</p> <p>To be able to perform these passes in a small sided game.</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 understand the basic scoring and rules of double game play.</p> <p>To begin to outwit opponents with the movement of the ball.</p>	Game Play – Positions and rule recap	<p>To understand the benefits of passing and where different types of passes should be used i.e. Over defensive line.</p> <p>To be able to outwit opponents with a variety of passes.</p> <p>To be able to perform these passes in a small sided game.</p>
Lesson 2	<p>To be able to use the different parts of the body to control the ball.</p> <p>To perform and replicate different types of dribbling with control, speed and fluency in a pressured situation.</p> <p>To outwit opponents with the combination of advanced turns and dribbles 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 using a combination of shots.</p> <p>To be able to accurately replicate a variety of shots, implementing basic strategies and tactics.</p> <p>To understand the scoring and rotation needed for doubles games.</p>	<p>Passing and Footwork: Running pass</p> <p>Performing in drill and game.</p>	<p>To be able to use the different parts of the body to control the ball.</p> <p>To perform and replicate different types of dribbling with control, speed and fluency in a pressured situation.</p> <p>To outwit opponents with the combination of advanced turns and dribbles making decisions about how best to advance on opposition.</p>
Week 2	Football cont'd	Table Tennis Contd	Netball Cont'd	Football cont'd
Lesson 1	<p>To be able to outwit opponents using dummies & step overs at speed.</p> <p>To understand the importance of width</p> <p>Demonstrate knowledge of when to play to feet and when to play into space in order to attack.</p> <p>To develop strategic and tactical play.</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 begin to develop strategic and tactical play during a rally.</p> <p>To confidently score a game of doubles.</p>	Channelling: either side and then middle. Link to use of space and options for passing. Either ahead or lateral.	<p>To be able to outwit opponents using dummies & step overs at speed.</p> <p>To understand the importance of width</p> <p>Demonstrate knowledge of when to play to feet and when to play into space in order to attack.</p> <p>To develop strategic and tactical play.</p>

Lesson 2	<p>To perform a variety of shooting techniques on goal. i.e. low drive, chip and volley.</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>Positioning on court and defensive pressure : Using channels, game play to ensure there is more than one option for a pass.</p>	<p>To perform a variety of shooting techniques on goal. i.e. low drive, chip and volley.</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>
Week 3	Football cont'd	Table Tennis Contd	Netball Cont'd	Football cont'd
Lesson 1	<p>develop their understanding and knowledge of how to stop attack effectively.</p> <p>To perform the different types of defensive techniques in different situation e.g. jockeying, goal side, closing down & slide tackling.</p> <p>To understand and appreciate the need to make decisions about choice of defensive strategy.</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 refine tactics based on opponents weaknesses.</p> <p>To understand the double tactics and movement patterns.</p>	<p>Tactical play and set pieces: looking at different on court scenarios.</p>	<p>develop their understanding and knowledge of how to stop attack effectively.</p> <p>To perform the different types of defensive techniques in different situation e.g. jockeying, goal side, closing down & slide tackling.</p> <p>To understand and appreciate the need to make decisions about choice of defensive strategy.</p>
Lesson 2	<p>To perform set plays & crosses using varying height, speed and positioning.</p> <p>To develop creativity in developing new strategies from corner kicks in attack and defence.</p> <p>To understand techniques to stop opponents outwitting them i.e. goal side, man to man tactics.</p> <p>To incorporate corner kicks, goalkeeping, defending and attacking strategies in small games.</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>Team planning: Creating own tactics for set pieces looking to adjust to beat different teams</p>	<p>To perform set plays & crosses using varying height, speed and positioning.</p> <p>To develop creativity in developing new strategies from corner kicks in attack and defence.</p> <p>To understand techniques to stop opponents outwitting them i.e. goal side, man to man tactics.</p> <p>To incorporate corner kicks, goalkeeping, defending and attacking strategies in small games.</p>

Week 4	Football cont'd / Table Tennis Lesson 2	Table Tennis Contd / Football Lesson 2	Netball Cont'd / Football Lesson 2	Football cont'd / Netball Lesson 2
Lesson 1	<p>Assessment</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>To know and use the different types of shots.</p> <p>To demonstrate a variety of tactics based on the movements of others and the ball.</p>	<p>Game Play: Channels and tactics</p> <p>Discussion of own strengths & areas for improvement.</p> <p>Teacher assessment.</p> <p>Game Play: Set plays, shooting etc</p> <p>Discussion of own strengths & areas for improvement.</p> <p>Teacher assessment.</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>The pupils are to develop their knowledge and understanding of the rules in football.</p>
Lesson 2	<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 understand the basic scoring and rules of double game play.</p> <p>To begin to outwit opponents with the movement of the ball.</p>	<p>To understand the benefits of passing and where different types of passes should be used i.e. Over defensive line.</p> <p>To be able to outwit opponents with a variety of passes.</p> <p>To be able to perform these passes in a small sided game.</p>	<p>To understand the benefits of passing and where different types of passes should be used i.e. Over defensive line.</p> <p>To be able to outwit opponents with a variety of passes.</p> <p>To be able to perform these passes in a small sided game.</p>	<p>Game Play – Positions and rule recap</p>
Week 5	Table Tennis Contd	Football Cont'd	Football Cont'd	Netball Contd
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 using a combination of shots.</p> <p>To be able to accurately replicate a variety of shots, implementing basic strategies and tactics.</p> <p>To understand the scoring and rotation needed for doubles games.</p>	<p>To be able to use the different parts of the body to control the ball.</p> <p>To perform and replicate different types of dribbling with control, speed and fluency in a pressured situation.</p> <p>To outwit opponents with the combination of advanced turns and dribbles making decisions about how best to advance on opposition.</p>	<p>To be able to use the different parts of the body to control the ball.</p> <p>To perform and replicate different types of dribbling with control, speed and fluency in a pressured situation.</p> <p>To outwit opponents with the combination of advanced turns and dribbles making decisions about how best to advance on opposition.</p>	<p>Passing and Footwork: Running pass</p> <p>Performing in drill and game.</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 begin to develop strategic and tactical play during a rally.</p> <p>To confidently score a game of doubles.</p>	<p>To be able to outwit opponents using dummies & step overs at speed.</p> <p>To understand the importance of width</p> <p>Demonstrate knowledge of when to play to feet and when to play into space in order to attack.</p> <p>To develop strategic and tactical play.</p>	<p>To be able to outwit opponents using dummies & step overs at speed.</p> <p>To understand the importance of width</p> <p>Demonstrate knowledge of when to play to feet and when to play into space in order to attack.</p> <p>To develop strategic and tactical play.</p>	<p>Channelling: either side and then middle. Link to use of space and options for passing. Either ahead or lateral.</p>
Week 6	Table Tennis Contd	Football Contd	Football Contd	Netball Contd
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 a variety of shooting techniques on goal. i.e. low drive, chip and volley.</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 a variety of shooting techniques on goal. i.e. low drive, chip and volley.</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>Positioning on court and defensive pressure : Using channels, game play to ensure there is more than one option for a pass.</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 refine tactics based on opponents weaknesses.</p> <p>To understand the double tactics and movement patterns.</p>	<p>develop their understanding and knowledge of how to stop attack effectively.</p> <p>To perform the different types of defensive techniques in different situation e.g. jockeying, goal side, closing down & slide tackling.</p> <p>To understand and appreciate the need to make decisions about choice of defensive strategy.</p>	<p>develop their understanding and knowledge of how to stop attack effectively.</p> <p>To perform the different types of defensive techniques in different situation e.g. jockeying, goal side, closing down & slide tackling.</p> <p>To understand and appreciate the need to make decisions about choice of defensive strategy.</p>	<p>Tactical play and set pieces: looking at different on court scenarios.</p>
Week 7	Table Tennis Contd	Football Contd	Football Contd	Netball Contd
Lesson 1	<p>To develop their understanding and knowledge of the rules of singles matches.</p>	<p>To perform set plays & crosses using varying height, speed and positioning.</p>	<p>To perform set plays & crosses using varying height, speed and positioning.</p>	<p>Receiving the Ball: Recap lesson of passing and receiving/fundamental skills</p>

	To understand and develop the use of spin and shot selection. To understand the tactics and movement patterns in singles.	To develop creativity in developing new strategies from corner kicks in attack and defence. To understand techniques to stop opponents outwitting them i.e. goal side, man to man tactics. To incorporate corner kicks, goalkeeping, defending and attacking strategies in small games.	To develop creativity in developing new strategies from corner kicks in attack and defence. To understand techniques to stop opponents outwitting them i.e. goal side, man to man tactics. To incorporate corner kicks, goalkeeping, defending and attacking strategies in small games.	Receiving the ball/puck: meeting the puck, letting the puck/ball come across the body.	
Lesson 2	Assessment Lesson To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To know and use the different types of shots. To demonstrate a variety of tactics based on the movements of others and the ball.	Assessment 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 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.	Shooting: Dribble and shoot individually Dribble pass & shoot with partner As above add the defender.	
Week 8	Basketball	Rugby	Table Tennis / Hockey	Fitness	
Lesson 1	To be able to perform passing, receiving, dribbling, shooting techniques to outwit opposition at pace. To be able to perform a combination of these skills in a small sided game with success. To understand and develop knowledge of required fitness and diet required to sustain a good basketball performance.	Passing & Use of space To accurately replicate prior learnt types of passes. To be able to perform these in a game to retain ball possession & outwit opposition. To describe the difference in rules of rugby league & union. To understand what the use of space means for attacking opportunities	To be able to demonstrate & use the correct grip and understand the ready position. To be able to accurately replicate a basic backhand push shot. To understand	Receiving the Ball: Recap lesson of passing and receiving/fundamental skills Receiving the ball/puck: meeting the puck, letting the puck/ball come across the body.	Recall 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

			<p>the basic scoring and rules of double game play.</p> <p>To begin to outwit opponents with the movement of the ball.</p>		<p>until both students in the pair have completed the repetitions (encourages teamwork and support)</p> <p>Time how long it takes students and the first pair to finish will be the winners</p>
Lesson 2	<p>To perform and accurately replicate a range of lay up variations to outwit opponents.</p> <p>To understand the need of tactical movements and strategies to invade opponents half.</p> <p>To perform the non dominant lay up and make decisions about choice of techniques in each situations</p>	<p>Outwitting opponents- 5 vs 3</p> <p>To develop knowledge and understanding of strategic play used to outwit opponents.</p> <p>To be able to develop and refine tactics based on the analysis of opposition.</p> <p>To understand the rules of rugby league and begin to correctly officiate <i>i.e. passing backwards</i></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 using a combination of shots.</p> <p>To be able to accurately replicate a variety of shots, implementing basic strategies and tactics.</p> <p>To understand the scoring and rotation</p>	<p>Shooting:</p> <p>Dribble and shoot individually</p> <p>Dribble pass & shoot with partner</p> <p>As above add the defender.</p>	<p>Produce their own circuit and perform the correct technique for each exercise.</p> <p>Circuit</p> <p>8-10 stations</p> <p>Students work in individually. Time the stations at the teacher's discretion (50secs to 1min).</p> <p>Give students a list of exercises to choose from for their circuit.</p> <p>After 10 minutes class discussion on which stations students found easy and hard, why.</p> <p>Continue with circuit</p> <p>Organisation x2 students per mat/ area</p>

			needed for doubles games.		
Week 9	Basketball Contd	Rugby Contd	Table Tennis / Hockey Contd		Fitness Contd
Lesson 1	<p>To be able to outwit opponents with the use of defending skills. <i>i.e. zone and man to man defense.</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 how to legally mark opponents.</p>	<p>Tackling</p> <p>To develop an understanding and knowledge of how to perform a tackle. High & Low</p> <p>To replicate the correct tackling technique</p> <p>To understand the safety aspects of rugby tackling and the rules regarding including being offside.</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 begin to develop strategic and tactical play during a rally.</p> <p>To confidently score a game of doubles.</p>	<p>Tackling/ defending</p> <p>Development: Shadowing and showing the player where you want them to go.</p> <p>Sweeper defence meeting the attacker.</p> <p>Cross over defending.</p>	<p>Understand the principle of overload and apply this to your circuit.</p> <p>Aerobic warm up teacher or student led depending on the students within the group</p> <p>Stretches led by a student counting to 10 and naming muscles during the stretches.</p> <p>With last week's circuit explain to students the term overload.</p> <p>All students to overload the circuit by an increase in time this is to the teacher's discretion (10-15 seconds increase) and depends on the group.</p>
Lesson 2	<p>To develop an understanding about attacking principles related to basketball.</p> <p>To know the benefits of different strategies for attacking play.</p> <p>To perform and replicate a 3 man weave.</p>	<p>Restarting play</p> <p>To look at tap in's from the side line and kicking to start the game.</p> <p>To combine the use of passing & tackling to outwit opponents.</p> <p>To develop a confident understanding of the rules and laws of rugby League.</p>	<p>To be able to accurately replicate a forehand topspin shot.</p> <p>To understand the importance of movement</p>	<p>Team Formations: Understanding the roles, positioning, Thinking about width, holding position, not getting drawn into crowds.</p> <p>Attack Midfield Defence</p>	<p>Understand the principle of progression and apply this to your circuit.</p> <p>Warm up – examples of how to progress individual</p> <p>Stretches led by a student counting to 10 and naming muscles during the stretches.</p> <p>Students' progress 2 or more stations within their circuit. For example line</p>

			and preparation for an effective forehand shot. To understand how to adjust shot selection based on opponents positioning.		hops could move to mini hurdles so they have to jump higher. Show students work in demonstrations.
Week 10	Basketball Contd	Rugby Contd	Table Tennis / Hockey Contd		Fitness Contd
Lesson 1	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To develop knowledge basketball specific fitness.	Scrum development To develop the knowledge and understand of how to form a small 3 man scrum. To understand and accurately describe the scrum positions. To develop knowledge of when a scrum is used. To integrate scrummage skills into a small sided game after an infringement.	To develop their understanding and knowledge of basic outwitting strategies. To understand and develop the use of spin and shot selection. To refine tactics based on opponents weaknesses. To understand the double tactics and	Game Play: Applying formations Applying shooting skills 2 touch play	Understand the principle of specificity (making it specific to the individuals needs or goals). Aerobic warm up teacher or student led depending on the students within the group Stretches led by a student counting to 10 and naming muscles during the stretches. All students need to link their circuit to a specific sport or area for development. They will need to change some stations. For example football – they may add ladders and heading station.

			movement patterns.		
Lesson 2	The pupils are to develop their knowledge and understanding of the rules in basketball. To be able to outwit opponents using high quality skills and techniques.	Game focus: Challenging students to try get as many sets of 6 in small sided games. Look at the impact on ground gained when a set of 6 is achieved. What to do on the 5 th tackle.	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.	Goal Keeper skills Using feet Using stick Meeting the ball/puck.	Know and perform the 2 other types of training methods that could be used to improve aerobic endurance. Warm up – interval training 5/10 minutes Introduction to fartlek training – run, walk, jog Teachers discretion depending on ability level of the group
Week 11	Rugby	Rugby Lesson 1 / Basket Ball Lesson 2	Table Tennis / Hockey Contd / Lesson 2 Fitness		Fitness Contd / Table Tennis / Hockey Lesson 2
Lesson 1	Passing & Use of space To accurately replicate prior learnt types of passes. To be able to perform these in a game to retain ball possession & outwit opposition. To describe the difference in rules of rugby league & union. To understand what the use of space means for attacking opportunities	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.	Assessment Lesson To demonstrate the ability to outwit an opponent in a game situation using the appropriate	Game play & assessment: Rotation of positions. Stick skills Safe tackling Protecting the ball.	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>skills and techniques. To know and use the different types of shots. To demonstrate a variety of tactics based on the movements of others and the ball.</p>		
Lesson 2	<p>Outwitting opponents- 5 vs 3 To develop knowledge and understanding of strategic play used to outwit opponents. To be able to develop and refine tactics based on the analysis of opposition. To understand the rules of rugby league and begin to correctly officiate <i>i.e. passing backwards</i></p>	<p>To be able to perform passing, receiving, dribbling, shooting techniques to outwit opposition at pace. To be able to perform a combination of these skills in a small sided game with success. To understand and develop knowledge of required fitness and diet required to sustain a good basketball performance.</p>	<p>Recall 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) Time how long it takes students and the first pair to finish will be the winners</p>	<p>To be able to demonstrate & use the correct grip and understand the ready position. To be able to accurately replicate a basic backhand push shot. To understand the basic scoring and rules of double game play. To begin to outwit</p>	<p>Receiving the Ball: Recap lesson of passing and receiving/fundamental skills Receiving the ball/puck: meeting the puck, letting the puck/ball come across the body.</p>

				opponents with the movement of the ball.	
Week 12	Rugby Cont'd	Basketball Cont'd	Fitness Cont'd	Table Tennis / Hockey Contd	
Lesson 1	<p>Tackling</p> <p>To develop an understanding and knowledge of how to perform a tackle. High & Low</p> <p>To replicate the correct tackling technique</p> <p>To understand the safety aspects of rugby tackling and the rules regarding including being offside.</p>	<p>To perform and accurately replicate a range of lay up variations to outwit opponents.</p> <p>To understand the need of tactical movements and strategies to invade opponents half.</p> <p>To perform the non dominant lay up and make decisions about choice of techniques in each situations</p>	<p>Produce their own circuit and perform the correct technique for each exercise.</p> <p>Circuit</p> <p>8-10 stations</p> <p>Students work in individually. Time the stations at the teacher's discretion (50secs to 1min).</p> <p>Give students a list of exercises to choose from for their circuit.</p> <p>After 10 minutes class discussion on which stations students found easy and hard, why.</p> <p>Continue with circuit</p> <p>Organisation x2 students per mat/ area</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 using a combination of shots.</p> <p>To be able to accurately replicate a variety of shots, implementing basic strategies and tactics.</p> <p>To understand the scoring and rotation needed for doubles games.</p>	<p>Shooting:</p> <p>Dribble and shoot individually</p> <p>Dribble pass & shoot with partner</p> <p>As above add the defender.</p>

Lesson 2	<p>Restarting play</p> <p>To look at tap in's from the side line and kicking to start the game.</p> <p>To combine the use of passing & tackling to outwit opponents.</p> <p>To develop a confident understanding of the rules and laws of rugby League.</p>	<p>To be able to outwit opponents with the use of defending skills. <i>i.e. zone and man to man defense.</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 how to legally mark opponents.</p>	<p>Understand the principle of overload and apply this to your circuit.</p> <p>Aerobic warm up teacher or student led depending on the students within the group</p> <p>Stretches led by a student counting to 10 and naming muscles during the stretches.</p> <p>With last week's circuit explain to students the term overload.</p> <p>All students to overload the circuit by an increase in time this is to the teacher's discretion (10-15 seconds increase) and depends on the group.</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 begin to develop strategic and tactical play during a rally.</p> <p>To confidently score a game of doubles.</p>	<p>Tackling/ defending</p> <p>Development:</p> <p>Shadowing and showing the player where you want them to go.</p> <p>Sweeper defence meeting the attacker.</p> <p>Cross over defending.</p>
Week 13	Rugby Cont'd	Basketball Cont'd	Fitness Cont'd	Table Tennis / Hockey Contd	
Lesson 1	<p>Scrum development</p> <p>To develop the knowledge and understand of how to form a small 3 man scrum.</p> <p>To understand and accurately describe the scrum positions.</p> <p>To develop knowledge of when a scrum is used. To integrate scrummage skills into a small sided game after an infringement.</p>	<p>To develop an understanding about attacking principles related to basketball.</p> <p>To know the benefits of different strategies for attacking play.</p> <p>To perform and replicate a 3 man weave.</p>	<p>Understand the principle of progression and apply this to your circuit.</p> <p>Warm up – examples of how to progress individual</p> <p>Stretches led by a student counting to 10 and naming muscles during the stretches.</p> <p>Students' progress 2 or more stations within their circuit. For example line hops could move to mini hurdles so they have to jump higher.</p> <p>Show students work in demonstrations.</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</p>	<p>Team Formations:</p> <p>Understanding the roles, positioning, Thinking about width, holding position, not getting drawn into crowds.</p> <p>Attack</p> <p>Midfield</p> <p>Defence</p>

				forehand shot. To understand how to adjust shot selection based on opponents positioning.	
Lesson 2	<p>Game focus: Challenging students to try get as many sets of 6 in small sided games. Look at the impact on ground gained when a set of 6 is achieved. What to do on the 5th tackle.</p>	<p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To develop knowledge basketball specific fitness.</p>	<p>Understand the principle of specificity (making it specific to the individuals needs or goals). Aerobic warm up teacher or student led depending on the students within the group Stretches led by a student counting to 10 and naming muscles during the stretches. All students need to link their circuit to a specific sport or area for development. They will need to change some stations. For example football – they may add ladders and heading station.</p>	<p>To develop their understanding and knowledge of basic outwitting strategies. To understand and develop the use of spin and shot selection. To refine tactics based on opponents weaknesses. To understand the double tactics and movement patterns.</p>	<p>Game Play: Applying formations Applying shooting skills 2 touch play</p>
Week 14	Rugby Cont'd	Basketball Cont'd	Fitness Cont'd	Table Tennis / Hockey Contd	

Lesson 1	<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 be able to outwit opponents using high quality skills and techniques.</p>	<p>Know and perform the 2 other types of training methods that could be used to improve aerobic endurance. Warm up – interval training 5/10 minutes Introduction to fartlek training – run, walk, jog Teachers discretion depending on ability level of the group</p>	<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>Goal Keeper skills Using feet Using stick Meeting the ball/puck.</p>
Lesson 2			<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 skills and techniques. To know and use the different</p>	<p>Game play & assessment: Rotation of positions. Stick skills Safe tackling Protecting the ball.</p>

				types of shots. To demonstrate a variety of tactics based on the movements of others and the ball.	
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