

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	Fitness & Fundamental Skills	Fitness & Fundamental Skills	Fitness & Fundamental Skills	Fitness & Fundamental Skills
Lesson 1	<p>12min Cooper Run</p> <p>Baseline fitness test to measure all students basic level of cardiovascular Fitness</p> <p>Score to be recorded and Repeated at the end of the 4 week Block.</p>	<p>12min Cooper Run</p> <p>Baseline fitness test to measure all students basic level of cardiovascular Fitness</p> <p>Score to be recorded and Repeated at the end of the 4 week Block.</p>	<p>12min Cooper Run</p> <p>Baseline fitness test to measure all students basic level of cardiovascular Fitness</p> <p>Score to be recorded and Repeated at the end of the 4 week Block.</p>	<p>12min Cooper Run</p> <p>Baseline fitness test to measure all students basic level of cardiovascular Fitness</p> <p>Score to be recorded and Repeated at the end of the 4 week Block.</p>
Lesson 2	<p>Relay Races</p> <p>Basic Running relays with extra exercises e.g. burpee, star jump, heel flicks, high knees, spotty dogs</p> <p>Interval training</p>	<p>Relay Races</p> <p>Basic Running relays with extra exercises e.g. burpee, star jump, heel flicks, high knees, spotty dogs</p> <p>Interval training</p>	<p>Australian Relays</p> <p>X4 teams working together to try and catch the other teams.</p> <p>Interval Training</p>	<p>Australian Relays</p> <p>X4 teams working together to try and catch the other teams.</p> <p>Interval Training.</p>
Week 2	Fitness & Fundamental Skills	Fitness & Fundamental Skills	Fitness & Fundamental Skills	Fitness & Fundamental Skills
Lesson 1	<p>Australian Relays</p> <p>X4 teams working together to try and catch the other teams.</p> <p>Interval Training</p>	<p>Australian Relays</p> <p>X4 teams working together to try and catch the other teams.</p> <p>Interval Training</p>	<p>Relay Races</p> <p>Basic Running relays with extra exercises e.g. burpee, star jump, heel flicks, high knees, spotty dogs</p> <p>Interval training</p>	<p>Relay Races</p> <p>Basic Running relays with extra exercises e.g. burpee, star jump, heel flicks, high knees, spotty dogs</p> <p>Interval training</p>
Lesson 2	<p>Football skills & Cardio vascular training.</p> <p>Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap. Circle drills.</p>	<p>Football skills & Cardio vascular training.</p> <p>Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap. Circle drills.</p>	<p>Netball Skills & Cardio vascular Fitness</p> <p>Relays using the netball: running keeping the ball in the air, Run and pass against the wall, circle drills.</p>	<p>Netball Skills & Cardio vascular Fitness</p> <p>Relays using the netball: running keeping the ball in the air, Run and pass against the wall, circle drills.</p>
Week 3	Fitness & Fundamental Skills	Fitness & Fundamental Skills	Fitness & Fundamental Skills	Fitness & Fundamental Skills

Lesson 1	<p>Cardio Circuit</p> <p>2 mins each station & repeat</p> <p>Jogging</p> <p>Skipping</p> <p>Star Jumps</p> <p>Step ups</p>	<p>Strength Circuit</p> <p>2mins each station & Repeat</p> <p>Sit ups</p> <p>Burpees</p> <p>Plank</p> <p>Squats against the wall</p>	<p>Cardio Circuit</p> <p>2mins each station & repeat</p> <p>Jogging</p> <p>Skipping</p> <p>Star Jumps</p> <p>Step ups</p>	<p>Strength Circuit</p> <p>2mins each station & Repeat</p> <p>Sit ups</p> <p>Burpees</p> <p>Plank</p> <p>Squats against the wall</p>
Lesson 2	<p>Strength Circuit</p> <p>2mins each station & Repeat</p> <p>Sit ups</p> <p>Burpees</p> <p>Plank</p> <p>Squats against the wall</p>	<p>Cardio Circuit</p> <p>2 mins each station & repeat</p> <p>Jogging</p> <p>Skipping</p> <p>Star Jumps</p> <p>Step ups</p>	<p>Strength Circuit</p> <p>2mins each station & Repeat</p> <p>Sit ups</p> <p>Burpees</p> <p>Plank</p> <p>Squats against the wall</p>	<p>Cardio Circuit</p> <p>2 mins each station & repeat</p> <p>Jogging</p> <p>Skipping</p> <p>Star Jumps</p> <p>Step ups</p>
Week 4	Fitness & Fundamental Skills	Fitness & Fundamental Skills	Fitness & Fundamental Skills	Fitness & Fundamental Skills
Lesson 1	<p>Basketball Drills & cardio Vascular Training</p> <p>Dribbling, Keeping the ball in the air, Dribble and shoot, circle drills, passing against the wall.</p>	<p>Basketball drills & cardio Vascular Training</p> <p>Dribbling, Keeping the ball in the air, Dribble and shoot, circle drills, passing against the wall.</p>	<p>Football skills & Cardio vascular training.</p> <p>Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap. Circle drills.</p>	<p>Football skills & Cardio vascular training.</p> <p>Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap. Circle drills.</p>
Lesson 2	<p>12min Cooper Run</p> <p>Baseline fitness test to measure all students basic level of cardiovascular Fitness</p> <p>Final Score to see if progress has been made</p>	<p>12min Cooper Run</p> <p>Baseline fitness test to measure all students basic level of cardiovascular Fitness</p> <p>Final Score to see if progress has been made</p>	<p>12min Cooper Run</p> <p>Baseline fitness test to measure all students basic level of cardiovascular Fitness</p> <p>Final Score to see if progress has been made</p>	<p>12min Cooper Run</p> <p>Baseline fitness test to measure all students basic level of cardiovascular Fitness</p> <p>Final Score to see if progress has been made</p>
Week 5	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>	<p>Game Play – Positions and rule recap</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>

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 6	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>	<p>Channelling: either side and then middle. Link to use of space and options for passing. Either ahead or lateral.</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>
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 7	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>	Tactical play and set pieces: looking at different on court scenarios.	<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>	Team planning: Creating own tactics for set pieces looking to adjust to beat different teams	<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 8	Basketball	Rugby	Football	Table Tennis/Uni Hoc	
Lesson 1	<p>To be able to perform passing, receiving, dribbling, shooting techniques to outwit opposition at pace.</p> <p>To be able to perform a combination of these skills in a small sided game with success.</p> <p>To understand and develop knowledge of required fitness and diet required to sustain a good basketball performance.</p>	<p>Passing & Use of space</p> <p>To accurately replicate prior learnt types of passes.</p> <p>To be able to perform these in a game to retain ball possession & outwit opposition.</p> <p>To describe the difference in rules of rugby league & union.</p> <p>To understand what the use of space means for attacking opportunities</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 be able to demonstrate & use the correct grip and understand the ready position.</p> <p>To be able to accurately replicate a</p>	<p>Receiving the Ball:</p> <p>Recap lesson of passing and receiving/fundamental skills</p> <p>Receiving the ball/puck: meeting the puck, letting the puck/ball come across the body.</p>

				<p>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>	
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 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</p>	<p>Shooting:</p> <p>Dribble and shoot individually</p> <p>Dribble pass & shoot with partner</p> <p>As above add the defender.</p>

				strategies and tactics. To understand the scoring and rotation needed for doubles games.	
Week 9	Basketball	Rugby	Football Cont'd	Table Tennis/ Uni Hoc	
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 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 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 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>
Lesson 2	<p>To develop an understanding about attacking principles related to basketball.</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 be able to outwit opponents using dummies & step overs at speed.</p> <p>To understand the importance of width</p>	<p>To be able to accurately replicate a</p>	<p>Team Formations:</p> <p>Understanding the roles, positioning, Thinking about width,</p>

	<p>To know the benefits of different strategies for attacking play. To perform and replicate a 3 man weave.</p>	<p>To combine the use of passing & tackling to outwit opponents. To develop a confident understanding of the rules and laws of rugby League.</p>	<p>Demonstrate knowledge of when to play to feet and when to play into space in order to attack. To develop strategic and tactical play.</p>	<p>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.</p>	<p>holding position, not getting drawn into crowds. Attack Midfield Defence</p>
Week 10	Basketball	Rugby	Football Contd	Table Tennis / uni hoc	
Lesson 1	<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>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>develop their understanding and knowledge of how to stop attack effectively. To perform the different types of defensive techniques in different situation e.g. jockeying, goal side, closing down & slide tackling. 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. To understand and develop the use of spin and shot selection. To refine tactics based</p>	<p>Game Play: Applying formations Applying shooting skills 2 touch play</p>

				on opponents' weaknesses. To understand the double tactics and 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	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.	To perform set plays & crosses using varying height, speed and positioning. 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	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.
Week 11	Rugby	Basketball	Table Tennis/Uni Hoc	Fitness	
Lesson 1	Passing & Use of space To accurately replicate prior learnt types of passes.	To be able to perform passing, receiving, dribbling, shooting techniques to outwit opposition at pace.	To be able to demonstrate & use the correct grip and	Receiving the Ball: Recap lesson of passing and receiving/fundamental skills	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

	<p>To be able to perform these in a game to retain ball possession & outwit opposition.</p> <p>To describe the difference in rules of rugby league & union.</p> <p>To understand what the use of space means for attacking opportunities</p>	<p>To be able to perform a combination of these skills in a small sided game with success.</p> <p>To understand and develop knowledge of required fitness and diet required to sustain a good basketball performance.</p>	<p>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>Receiving the ball/puck: meeting the puck, letting the puck/ball come across the body.</p>	<p>Progression circuit</p> <p>8-10 stations</p> <p>On the first go around the circuit students complete 1 repetition on each station</p> <p>On the second go around the circuit students complete 2 repetitions on each station</p> <p>.... Until they reach 10 repetitions</p> <p>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> <p>Time how long it takes students and the first pair to finish will be the winners</p>
Lesson 2	<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 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>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</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>

			<p>replicate a variety of shots, implementing basic strategies and tactics.</p> <p>To understand the scoring and rotation needed for doubles games.</p>		
Week 12	Rugby	Basketball	Table Tennis / Hockey	Fitness	
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 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>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>	<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>Restarting play To look at tap in's from the side line and kicking to start the game. To combine the use of passing & tackling to outwit opponents. To develop a confident understanding of the rules and laws of rugby League.</p>	<p>To develop an understanding about attacking principles related to basketball. To know the benefits of different strategies for attacking play. To perform and replicate a 3 man weave.</p>	<p>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.</p>	<p>Team Formations: Understanding the roles, positioning, Thinking about width, holding position, not getting drawn into crowds. Attack Midfield Defence</p>	<p>Understand the principle of progression and apply this to your circuit. Warm up – examples of how to progress individual Stretches led by a student counting to 10 and naming muscles during the stretches. Students' progress 2 or more stations within their circuit. For example line hops could move to mini hurdles so they have to jump higher. Show students work in demonstrations.</p>
Week 13	Rugby	Basketball	Table Tennis / Hockey Contd	Fitness Contd	
Lesson 1	<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>To develop their understanding and knowledge of basic outwitting strategies. To understand and develop the use of</p>	<p>Game Play: Applying formations Applying shooting skills 2 touch play</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</p>

			<p>spin and shot selection. To refine tactics based on opponents' weaknesses. To understand the double tactics and movement patterns.</p>		<p>some stations. For example football – they may add ladders and heading station.</p>
Lesson 2	<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>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>	<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>
Week 14	Rugby	Basketball	Table Tennis / Hockey Contd		Fitness Contd

Lesson 1 & 2	Students will play mini tournaments allowing them to playing with different students	Students will play mini tournaments allowing them to playing with different students	Students will play mini tournaments allowing them to playing with different students	In this week students will Use the internet to access different types of fitness classes and Just Dance
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