

Year 10	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 demonstrate different types of passes in practise i.e. lofted, driven.</p> <p>To be able to outwit opponents with a variety of passes.</p> <p>To be able to perform these passes in a full sided game.</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 variety of serves.</p> <p>To be able to accurately replicate a variety of shots, implementing basic strategies and tactics.</p>	<p>To be able to confidently perform with accuracy, pivots and stops when passing, receiving, and moving forward, back and to the sides.</p>	<p>To demonstrate different types of passes in practise i.e. lofted, driven.</p> <p>To be able to outwit opponents with a variety of passes.</p> <p>To be able to perform these passes in a full sided game.</p>
Lesson 2	<p>To be able to outwit opponents using different types of skill and decept. E.g dummies & step overs at speed.</p> <p>Demonstrate knowledge of when to use them in a game.</p> <p>To develop strategic and tactical play in a full sided game.</p>	<p>To be able to accurately replicate a forehand topspin shot in a game.</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 be able to confidently perform with accuracy, the signal used in Netball</p>	<p>To be able to outwit opponents using different types of skill and decept. E.g dummies & step overs at speed.</p> <p>Demonstrate knowledge of when to use them in a game.</p> <p>To develop strategic and tactical play in a full sided game.</p>
Week 2	Football cont'd	Table Tennis Cont'd	Netball Cont'd	Football cont'd
Lesson 1	<p>To perform a variety of shooting techniques on goal. i.e. low drive, chip, half volley and volley.</p> <p>To appreciate how to adjust shot selection based on goalkeepers positioning.</p> <p>To be able to assess & evaluate shooting techniques and suggest ways to improve to peers.</p>	<p>To be able to accurately replicate a Backhand topspin shot in a game.</p> <p>To understand the importance of movement and preparation for an effective backhand shot.</p> <p>To understand how to adjust shot selection based on opponents positioning.</p>	<p>To confidently perform with accuracy, at speed, height, distance, strength or accuracy when passing and receiving on the move</p>	<p>To perform a variety of shooting techniques on goal. i.e. low drive, chip, half volley and volley.</p> <p>To appreciate how to adjust shot selection based on goalkeepers positioning.</p> <p>To be able to assess & evaluate shooting techniques and suggest ways to improve to peers.</p>
Week 3	Football cont'd	Table Tennis Cont'd	Netball Cont'd	Football cont'd
Lesson 1	<p>To perform set plays & crosses using varying height, speed and positioning.</p>	<p>To understand and develop the use of spin and shot selection.</p>	<p>Begin to understand the Umpiring role in netball: Positioning,</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 full sided games.</p>	<p>To understand the tactics and movement patterns in singles.</p> <p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.</p> <p>To demonstrate a variety of tactics based on the movements of others and the ball.</p>	<p>Signals, Responsibilities, Sanctions</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 full sided games.</p>
Lesson 2	<p>Game Play</p> <p>Students ref/ump games</p> <p>Students manage own teams</p>	<p>Game Play</p> <p>Students ref/ump games</p> <p>Students manage own teams</p>	<p>Game Play</p> <p>Students ref/ump games</p> <p>Students manage own teams</p>	<p>Game Play</p> <p>Students ref/ump games</p> <p>Students manage own teams</p>
Week 4	Football	Table Tennis	Netball	Football
Lesson 1	<p>Game Play</p> <p>Students ref/ump games</p> <p>Students manage own teams</p>	<p>Game Play</p> <p>Students ref/ump games</p> <p>Students manage own teams/pairs</p>	<p>Game Play</p> <p>Students ref/ump games</p> <p>Students manage own teams</p>	<p>Game Play</p> <p>Students ref/ump games</p> <p>Students manage own teams</p>
Week 5	Table tennis	Football	Football	Netball
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 variety of serves.</p> <p>To be able to accurately replicate a variety of shots, implementing basic strategies and tactics.</p>	<p>To demonstrate different types of passes in practise i.e. lofted, driven.</p> <p>To be able to outwit opponents with a variety of passes.</p> <p>To be able to perform these passes in a full sided game.</p>	<p>To demonstrate different types of passes in practise i.e. lofted, driven.</p> <p>To be able to outwit opponents with a variety of passes.</p> <p>To be able to perform these passes in a full sided game.</p>	<p>To be able to confidently perform with accuracy, pivots and stops when passing, receiving, and moving forward, back and to the sides.</p>
Lesson 2	<p>To be able to accurately replicate a forehand topspin shot in a game.</p> <p>To understand the importance of movement and preparation for an effective forehand shot.</p>	<p>To be able to outwit opponents using different types of skill and deceit. E.g dummies & step overs at speed.</p> <p>Demonstrate knowledge of when to use them in a game.</p>	<p>To be able to outwit opponents using different types of skill and deceit. E.g dummies & step overs at speed.</p> <p>Demonstrate knowledge of when to use them in a game.</p>	<p>To be able to confidently perform with accuracy, the signal used in Netball</p>

	To understand how to adjust shot selection based on opponents positioning.	To develop strategic and tactical play in a full sided game.	To develop strategic and tactical play in a full sided game.	
Week 6	Table Tennis	Football	Football	Netball
Lesson 1	To be able to accurately replicate a Backhand topspin shot in a game. To understand the importance of movement and preparation for an effective backhand shot. To understand how to adjust shot selection based on opponents positioning.	To perform a variety of shooting techniques on goal. i.e. low drive, chip, half volley and volley. To appreciate how to adjust shot selection based on goalkeepers positioning. To be able to assess & evaluate shooting techniques and suggest ways to improve to peers.	To perform a variety of shooting techniques on goal. i.e. low drive, chip, half volley and volley. To appreciate how to adjust shot selection based on goalkeepers positioning. To be able to assess & evaluate shooting techniques and suggest ways to improve to peers.	To confidently perform with accuracy, at speed, height, distance, strength or accuracy when passing and receiving on the move
Week 7	Table Tennis	Football	Football	Netball
Lesson 1	To understand and develop the use of spin and shot selection. To understand the tactics and movement patterns in singles. To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To demonstrate a variety of tactics based on the movements of others and the ball	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 and attacking strategies in full sided games.	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 and attacking strategies in full sided games.	Begin to understand the Umpiring role in netball: Positioning, Signals, Responsibilities, Sanctions
Lesson 2	Game Play Lesson: Ladder Tournament Students move up and down the ladder.	Game Play lesson: Mini tournament Students will be expected to manage their own team making	Game Play lesson: Mini tournament Students will be expected to manage their own team making	Game Play Students ref/ump games Students manage own teams

	They are expected to keep score themselves.	adjustments to positioning etc they will be able to justify why.	adjustments to positioning etc they will be able to justify why.	
Week 8	Basketball	Handball	Uni Hoc	Fitness
Lesson 1	To be able to use either hand to dribble and score. To be able to outwit opponents using techniques at speed and with accuracy. To develop and implement strategic and tactical play.	Participants to understand the rules. How handball is played and to find success from transition play. <ul style="list-style-type: none"> • Play Beginner Handball. • Start with a 2 or 3 rules – usually goalkeeping area, no deliberate contact and you must run when you have the ball – 2/3 steps to begin. • Introduce new rules as the game goes on. 	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.	To be able to plan a component of fitness that students would like to improve (Muscular endurance – circuit training/interval training/weight training)
week 9	Basketball	Handball	Uni Hoc	Fitness
Lesson 1	To be able to replicate strategies for attack. i.e. screens, posts. To understand the benefits of using strategic and tactical plans to produce a successful attack. To appreciate the need to make adjustments and adaptations when performing in order to outwit opponents.	Playing Mini Handball with an overload in attack. Tactical awareness of adding width to the game. Initial positioning understanding (small sided games). <ul style="list-style-type: none"> • Game conditions; • 3 steps, 1 bounce, 3 steps • 3 seconds on the ball 	Shooting from a short corner: Looking at the injector Looking at the stop and hit Defending a short corner	To know what circuit training is To understand how to deliver circuit training
Lesson 2	To be able to replicate shooting core skills. To understand the need to create space to shoot and begin to work on this in a game situation. To demonstrate an ability to analyse performances with sound/accurate information.	Introduce the concepts of defence – Blocking -Stealing -Intercepting – Tackling. Start immediately playing handball (full game of small sided game). Set the conditions you want i.e. 3 steps, 1 bounce 3 steps. Don't be afraid to break the rules of the game to set a condition to achieve success from students.	Team Formations: Increase the roles on the team looking at Inners, Wings, sweeper, centre forward, left back, right back.	To know and understand the different components of fitness that circuit training may work on. To know the difference between aerobic training and anaerobic training

Week 10	Basketball	Handball	Uni Hoc	Fitness
Lesson 1	<p>To understand and perform attacking movements as a unit incorporating the use of width and speed.</p> <p>To be able to perform angled runs to create opportunity to outwit opponents.</p> <p>To be able to evaluate how well it has been achieved and find ways to improve strategies.</p>	<p>Decision making in game like situations –</p> <p>Attack (over loading – gaining success)</p> <p>Defence (applying pressure, forcing errors, protecting the middle of the goal – gaining success)</p> <p>Game intelligence from students: adding width, playing with a pivot or when to tackle/intercept/block.</p>	<p>Game Play:</p> <p>Applying formations</p> <p>Applying shooting skills</p> <p>1 touch play</p>	<p>To know what interval training is</p> <p>To understand how to deliver interval training</p> <p>To know and understand the different components of fitness that interval training may work on.</p> <p>To know the difference between aerobic training and anaerobic training</p>
week 11	Handball	Basketball	Fitness	Uni Hoc
Lesson 1	<p>Participants to understand the rules.</p> <p>How handball is played and to find success from transition play.</p> <ul style="list-style-type: none"> • Play Beginner Handball. • Start with a 2 or 3 rules – usually goalkeeping area, no deliberate contact and you must run when you have the ball – 2/3 steps to begin. • Introduce new rules as the game goes on. 	<p>To be able to use either hand to dribble and score.</p> <p>To be able to outwit opponents using techniques at speed and with accuracy.</p> <p>To develop and implement strategic and tactical play.</p>	<p>To be able to plan a component of fitness that students would like to improve (Muscular endurance – circuit training/interval training/weight training)</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>
Lesson 2	<p>Playing Mini Handball with an overload in attack.</p> <p>Tactical awareness of adding width to the game.</p> <p>Initial positioning understanding (small sided games).</p> <ul style="list-style-type: none"> • Game conditions; • 3 steps, 1 bounce, 3 steps • 3 seconds on the ball 	<p>To be able to replicate strategies for attack. i.e. screens, posts.</p> <p>To understand the benefits of using strategic and tactical plans to produce a successful attack.</p> <p>To appreciate the need to make adjustments and adaptations when performing in order to outwit opponents.</p>	<p>To know what circuit training is</p> <p>To understand how to deliver circuit training</p>	<p>Shooting from a short corner:</p> <p>Looking at the injector</p> <p>Looking at the stop and hit</p> <p>Defending a short corner</p>
week 12	Handball	Basketball	Fitness	Uni Hoc

Lesson 1	<p>Introduce the concepts of defence – Blocking -Stealing - Intercepting –Tackling. Start immediately playing handball (full game of small sided game). Set the conditions you want i.e. 3 steps, 1 bounce 3 steps. Don't be afraid to break the rules of the game to set a condition to achieve success from students.</p>	<p>To be able to replicate shooting core skills. To understand the need to create space to shoot and begin to work on this in a game situation. To demonstrate an ability to analyse performances with sound/accurate information.</p>	<p>To know and understand the different components of fitness that circuit training may work on. To know the difference between aerobic training and anaerobic training</p>	<p>Team Formations: Increase the roles on the team looking at Inners, Wings, sweeper, centre forward, left back, right back.</p>
week 13 & 14	Handball	Basketball	Fitness	Uni Hoc
Lesson 1	<p>Decision making in game like situations – Attack (over loading – gaining success) Defence (applying pressure, forcing errors, protecting the middle of the goal – gaining success) Game intelligence from students: adding width, playing with a pivot or when to tackle/intercept/block.</p>	<p>To understand and perform attacking movements as a unit incorporating the use of width and speed. To be able to perform angled runs to create opportunity to outwit opponents. To be able to evaluate how well it has been achieved and find ways to improve strategies.</p>	<p>To know what interval training is To understand how to deliver interval training To know and understand the different components of fitness that interval training may work on. To know the difference between aerobic training and anaerobic training</p>	<p>Game Play: Applying formations Applying shooting skills 1 touch play</p>
Lesson 2	<p>Game Play: Mini tournament Students involved in refereeing Students manage own teams</p>	<p>Game play: Mini tournament Students involved in refereeing Students manage own teams</p>	<p>Internet Students will use the internet to access different kinds of fitness classes and just dance to show what they can access at home.</p>	<p>Game play: Mini tournament Students involved in refereeing Students manage own teams</p>