

7 North	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>
Lesson 3	<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>
Week 2	Fitness & Fundamental Skills	Fitness & Fundamental Skills	Fitness & Fundamental Skills	Fitness & Fundamental Skills
Lesson 1	<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>

Lesson 2	Basketball Drills & cardio Vascular Training Dribbling, Keeping the ball in the air, Dribble and shoot, circle drills, passing against the wall.	Basketball drills & cardio Vascular Training Dribbling, Keeping the ball in the air, Dribble and shoot, circle drills, passing against the wall.	Football skills & Cardio vascular training. Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap. Circle drills.	Football skills & Cardio vascular training. Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap. Circle drills.
Week 3	Fitness & Fundamental Skills	Fitness & Fundamental Skills	Fitness & Fundamental Skills	Fitness & Fundamental Skills
Lesson 1	Cardio Circuit 2 mins each station & repeat Jogging Skipping Star Jumps Step ups	Strength Circuit 2mins each station & Repeat Sit ups Burpees Plank Squats against the wall	Cardio Circuit 2mins each station & repeat Jogging Skipping Star Jumps Step ups	Strength Circuit 2mins each station & Repeat Sit ups Burpees Plank Squats against the wall
Lesson 2	Strength Circuit 2mins each station & Repeat Sit ups Burpees Plank Squats against the wall	Cardio Circuit 2 mins each station & repeat Jogging Skipping Star Jumps Step ups	Strength Circuit 2mins each station & Repeat Sit ups Burpees Plank Squats against the wall	Cardio Circuit 2 mins each station & repeat Jogging Skipping Star Jumps Step ups
Lesson 3	Rugby Fitness drills Ball handling Relays Circle drills Passing and moving down the line	Rugby Fitness drills Ball handling Relays Circle drills Passing and moving down the line	Basketball Fitness Drills Dribbling, Keeping the ball in the air, Dribble and shoot, circle drills, passing against the wall.	Basketball Fitness Drills Dribbling, Keeping the ball in the air, Dribble and shoot, circle drills, passing against the wall.
Week 4	Fitness & Fundamental Skills	Fitness & Fundamental Skills	Fitness & Fundamental Skills	Fitness & Fundamental Skills
Lesson 1	Football skills & Cardio vascular training. Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap. Circle drills.	Football skills & Cardio vascular training. Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap. Circle drills.	Netball Skills & Cardio vascular Fitness Relays using the netball: running keeping the ball in the air, Run and pass against the wall, circle drills.	Netball Skills & Cardio vascular Fitness Relays using the netball: running keeping the ball in the air, Run and pass against the wall, circle drills.
Lesson 2	12min Cooper Run	12min Cooper Run	12min Cooper Run	12min Cooper Run

	Baseline fitness test to measure all students basic level of cardiovascular Fitness Final Score to see if progress has been made	Baseline fitness test to measure all students basic level of cardiovascular Fitness Final Score to see if progress has been made	Baseline fitness test to measure all students basic level of cardiovascular Fitness Final Score to see if progress has been made	Baseline fitness test to measure all students basic level of cardiovascular Fitness Final Score to see if progress has been made
Week 5	Football	Table Tennis	Netball	Rugby
Lesson 1	To be able to perform a pass using the side of the foot and understand the importance of receiving correctly. To be able to perform pass accurately in a small sided game, know when passing is used in football. To be able to outwit opponents with a pass.	To be able to demonstrate & use the correct grip. To be able to accurately replicate a basic backhand push shot. To understand the basic scoring and rules.	Introduction to the court, Know & Practice basic netball passes Chest, bounce, shoulder, overhead	Ball familiarisation To be able to perform fundamental rugby handling skills. To be able to perform these in a small sided game to maintain ball. To develop their understanding and knowledge of the basic rules of rugby league.
Lesson 2	To be able to perform and accurately replicate different types of dribbling. To be able to outwit opponents with the combination of turns and dribbling. To be able to perform techniques in a small sided game making decisions about how best to advance on opposition.	To perform and replicate a legal table tennis serve. To be able to accurately replicate a variety of shots, including backhand push and serve. To understand the scoring and rotation needed for doubles games.	Perform the basic land and pivot Footwork principle Passing the ball to a moving player. Footwork on the move catching and landing.	Intro passing & receiving/ 2 vs 1 To be able to perform basic passing & receiving with accuracy. To understand the rules regarding the pass and catching the ball (i.e. backwards pass and knock-ons). To perform skills in a small sided game making decisions about how best to advance on opposition.
Lesson 3	To understand the basic positions required in a football team. To know the importance of width and playing into space in order to attack. To develop strategic and tactical play.	To be able to replicate a basic forehand push. To begin to develop strategic and tactical play during a rally. To confidently score a game of doubles.	Positions on the court Knowing the off-side rule	Passing/Use of width. To understand the importance of width in order to attack. To demonstrate an understanding of the basic rules i.e. <i>no backwards pass + how to score a try.</i>

Week 6	FOOTBALL Contd	Table Tennis Contd		RUGBY Cont'd
Lesson 1	To understand the basic positions required in a football team. To know the importance of width and playing into space in order to attack. To develop strategic and tactical play.	To be able to replicate a basic forehand push. To begin to develop strategic and tactical play during a rally. To confidently score a game of doubles.	Principles of attack: moving into a space. Importance of Possession: passing and moving.	Passing/Use of width. To understand the importance of width in order to attack. To demonstrate an understanding of the basic <i>rules i.e. no backwards pass + how to score a try.</i>
Lesson 2	To perform and replicate an accurate and controlled shot on goal. To develop understanding and knowledge of how to execute a successful shot on goal i.e. head over the ball, use of laces. To appreciate how to adjust shot selection based on opponents positioning.	To be able to accurately replicate a forehand topspin shot. To understand the importance of movement and preparation for an effective forehand shot. To understand how to adjust shot selection based on opponents positioning.	Principles of defence: What skills do defenders need. Shadowing & tracking a player	Tackling technique To develop their understanding and knowledge of how to tackle safely. To perform and accurately replicate the correct techniques for front and side tackles. To understand the rules regarding tackling within the game. <i>i.e. No high tackling.</i> To be able to evaluate tackling technique and 2 v 1 situation suggesting ways to improve.
Week 7 ½ term	FOOTBALL Contd	TABLE TENNIS Contd	Netball	RUGBY Cont'd
Lesson 1	To develop their understanding and knowledge of how to control the ball correctly. To perform the different types of control e.g. chest, thigh. Appreciate the need to make decisions about choice of technique, eg. Get in line early, judge the height of the ball.	To develop their understanding and knowledge of basic outwitting strategies. To understand and develop the use of spin and shot selection. To understand the double tactics and movement patterns.	Game Play: being able to play in more than one position. Focus upon Footwork and the rules regarding this skill	Passing on the move in the line Working as a unit to bring the ball down the pitch. Looking at changing the direction of the ball.
Lesson 2	To be able to perform and develop defensive strategies i.e Tackling, jockeying. Gain understanding of how to defend in a 1v1 situation.	To develop their understanding and knowledge of the rules of singles matches. To understand and develop the use of spin and shot selection.	Game Play: being able to play in more than one position. Discussion of own strengths & areas for improvement. Teacher assessment.	Defensive line: How to move back to avoid being offside Be able to sport potential gaps within the defensive line.

	To understand when to defend and how to stop opponents from advancing.	To understand the tactics and movement patterns in singles.			
Lesson 3	<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.</p> <p>To know and use the different types of shots.</p>	<p>Game Play: being able to play in more than one position.</p> <p>Discussion of own strengths & areas for improvement.</p> <p>Teacher assessment.</p>	<p>Attacking/outwitting an opponent</p> <p>To develop the decision making process in a game situation.</p> <p>To confidently describe the rules and laws of rugby league.</p> <p>To begin to recognize and identify strengths and weaknesses when playing small sided games</p>	
Week 8	Rugby	Rugby	Table Tennis / Hockey	Fitness	
Lesson 1	<p>Ball familiarisation</p> <p>To be able to perform fundamental rugby handling skills. To be able to perform these in a small sided game to maintain ball.</p> <p>To develop their understanding and knowledge of the basic rules of rugby league.</p>	<p>Ball familiarisation</p> <p>To be able to perform fundamental rugby handling skills. To be able to perform these in a small sided game to maintain ball.</p> <p>To develop their understanding and knowledge of the basic rules of rugby league.</p>	<p>To be able to demonstrate & use the correct grip.</p> <p>To be able to accurately replicate a basic backhand push shot.</p> <p>To understand the basic scoring and rules.</p>	<p>Introduction to the game.</p> <p>Equipment and safety introduction: how to hold the stick, how to control the stick, rules about hitting the ball/Puck etc.</p> <p>Ready Position: whole group running on whistle get into ready position. Last one ready out.</p> <p>Dribbling: basic technique.</p> <p>Dribbling across width between cones</p>	<p>Know a range of fitness tests.</p> <p>Aerobic warm up and stretches (locating major muscles and counting stretches)</p> <p>Fitness testing circuit – record results</p> <p>Abdominal curl (muscular endurance)</p> <p>Press up test (muscular endurance)</p> <p>Hand grip dynamometer (strength)</p> <p>Ruler drop (reaction time)</p> <p>Agility run (agility)</p> <p>Step up test (aerobic endurance)</p>

				in 4's. Gradually make the distance longer. Look at change over technique e.g. how to pick the ball/Puck from your partner.	
Lesson 2	<p>Intro passing & receiving/ 2 vs 1 To be able to perform basic passing & receiving with accuracy. To understand the rules regarding the pass and catching the ball (i.e. backwards pass and knock-ons). To perform skills in a small sided game making decisions about how best to advance on opposition.</p>	<p>. Intro passing & receiving/ 2 vs 1 To be able to perform basic passing & receiving with accuracy. To understand the rules regarding the pass and catching the ball (i.e. backwards pass and knock-ons). To perform skills in a small sided game making decisions about how best to advance on opposition.</p>	<p>To perform and replicate a legal table tennis serve. To be able to accurately replicate a variety of shots, including backhand push and serve. To understand the scoring and rotation needed for doubles games.</p>	<p>Dribbling control. Progression: Vision Looking up: as dribble towards partner look up Progression: dribble & push Opposite partners in 4's cone on middle when reach the cone push to partner. Take ball/puck for a walk passing ball between each other. Game: 3v1 No tackling just intercepting the ball, try and make as many passes as you can using good vision.</p>	<p>Learn the technique for a range of different exercises. Teacher led circuit In small groups direct students to a station. At the station read the card and try to perform the correct technique. Teacher monitor. Group then delivers station to the rest of the class using demonstrations and explanation of technique. Complete circuit in pairs and peer coach each others technique. Number 1 work and number 2 rest/coach</p>

Week 9	Rugby	Rugby	Table tennis/uni hoc		Fitness
Lesson 1	<p>Passing/Use of width. To understand the importance of width in order to attack. To demonstrate an understanding of the basic <i>rules i.e. no backwards pass + how to score a try.</i></p>	<p>Passing/Use of width. To understand the importance of width in order to attack. To demonstrate an understanding of the basic <i>rules i.e. no backwards pass + how to score a try.</i></p>	<p>To be able to replicate a basic forehand push. To begin to develop strategic and tactical play during a rally. To confidently score a game of doubles.</p>	<p>Pass and go: Getting feet around the ball: Passing down the court in pairs Passing and moving in small groups. Game 3v1: X1 defender: In playing area have small coned goals dotted around players have to try and work the ball through a goal to score.</p>	<p>Complete a teacher led circuit to improve your aerobic endurance. Circuit 1 min on each station Use aerobic circuit stations such as stars jumps, burpees, shuttle runs etc (cards in PE office)</p>
Lesson 2	<p>Tackling technique To develop their understanding and knowledge of how to tackle safely. To perform and accurately replicate the correct techniques for front and side tackles. To understand the rules regarding tackling within the game. <i>i.e. No high tackling.</i> To be able to evaluate tackling technique and 2 v 1 situation suggesting ways to improve.</p>	<p>Tackling technique To develop their understanding and knowledge of how to tackle safely. To perform and accurately replicate the correct techniques for front and side tackles. To understand the rules regarding tackling within the game. <i>i.e. No high tackling.</i> To be able to evaluate tackling technique and 2 v 1 situation suggesting ways to improve.</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</p>	<p>Possession: Focus upon control and stopping the ball/puck 2 touch passing 3v1 game: How many passes before lose possession. Progression: 3v1 game: aim to dribble the ball with</p>	<p>Complete a circuit and identify the difference between aerobic exercise and anaerobic exercises. Aerobic and anaerobic circuit Difference between stations – can students identify which is aerobic and which is anaerobic</p>

			shot selection based on opponents positioning.	control over the line to score a point.	
Lesson 3	<p>Passing on the move in the line</p> <p>Working as a unit to bring the ball down the pitch.</p> <p>Looking at changing the direction of the ball</p>	<p>Passing on the move in the line</p> <p>Working as a unit to bring the ball down the pitch.</p> <p>Looking at changing the direction of the ball</p>	<p>To be able to accurately replicate a forehand topspin shot.</p> <p>To understand the importance of movement and preparation for an effective forehand shot.</p> <p>To understand how to adjust shot selection based on opponents positioning.</p>	<p>Possession:</p> <p>Focus upon control and stopping the ball/puck</p> <p>2 touch passing</p> <p>3v1 game: How many passes before lose possession.</p> <p>Progression:</p> <p>3v1 game: aim to dribble the ball with control over the line to score a point.</p>	<p>Create your own circuit using your own ideas.</p> <p>Design own circuit in groups of 4 considering using both aerobic and anaerobic exercises.</p> <p>Each group of student given a mat and all relevant equipment to perform.</p> <p>Must have 6 different station and each station will last 1 minute</p> <p>Evaluate the stations using the scale (1-10) – which station was easiest how could it be changed for next week</p>
Week 10	Rugby	Rugby	Table tennis/ uni hoc	Fitness	
Lesson 1	<p>Defensive line:</p> <p>How to move back to avoid being offside</p> <p>Be able to sport potential gaps within the defensive line.</p>	<p>Defensive line:</p> <p>How to move back to avoid being offside</p> <p>Be able to sport potential gaps within the defensive 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>Vision & possession</p> <p>Pairs passing to each other through a gate/target.</p> <p>Pairs passing to each other through a gate/target.</p> <p>Hockey Tennis in groups of 4</p>	<p>Acting on feedback from the previous week to improve a circuit.</p> <p>In the same groups from the previous week</p> <p>Make any changes to the circuit to make a station harder</p> <p>Must have 6 different station and each station will last 1min 20</p>

			<p>To understand the double tactics and movement patterns.</p>	<p>(2v2). Small coned area. Aim to keep the ball in the court and keep possession. One ½ of pair on each side of the net. (coned line) Encourage use of angles, pushing to non-stick side of opponents and looking for gaps. Small sided game – no tackling – must pass ball to progress around the pitch.</p>	
Lesson 2	<p>Assessment Lesson:</p> <p>Games students demonstrate their knowledge of the rules and skills developed.</p>	<p>Assessment Lesson:</p> <p>Games students demonstrate their knowledge of the rules and skills developed.</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</p>	<p>Game Play: Focus upon Passing and Vision. No tackling Make sure there is 2 touch hockey going on.</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. Evaluate and compare to previous week again using scale (1-10)</p>

			movement patterns in singles.		
week 11	HANDBALL	HANDBALL	Fitness	Table tennis / uni hockey	
Lesson 1	<p>To be able to perform fundamental handball handling skills.</p> <p>To be able to perform these in a small sided game to maintain possession.</p> <p>To develop their understanding and knowledge of the basic rules of Handball.</p>	<p>To be able to perform fundamental handball handling skills.</p> <p>To be able to perform these in a small sided game to maintain possession.</p> <p>To develop their understanding and knowledge of the basic rules of Handball.</p>	<p>Know a range of fitness tests.</p> <p>Aerobic warm up and stretches (locating major muscles and counting stretches)</p> <p>Fitness testing circuit – record results</p> <p>Abdominal curl (muscular endurance)</p> <p>Press up test (muscular endurance)</p> <p>Hand grip dynamometer (strength)</p> <p>Ruler drop (reaction time)</p> <p>Agility run (agility)</p> <p>Step up test (aerobic endurance)</p>	<p>To be able to demonstrate & use the correct grip.</p> <p>To be able to accurately replicate a basic backhand push shot.</p> <p>To understand the basic scoring and rules.</p>	<p>Introduction to the game.</p> <p>Equipment and safety introduction: how to hold the stick, how to control the stick, rules about hitting the ball/Puck etc.</p> <p>Ready Position: whole group running on whistle get into ready position. Last one ready out.</p> <p>Dribbling: basic technique. Dribbling across width between cones in 4's. Gradually make the distance longer. Look at change over technique e.g. how to pick the ball/Puck from your partner.</p>
Lesson 2	<p>To be able to perform basic passing & receiving with accuracy.</p> <p>To be able to outwit opponents with the use of these techniques.</p> <p>To understand the rules regarding the pass and catching the ball.</p> <p>To perform skills in a small sided game making decisions about</p>	<p>To be able to perform basic passing & receiving with accuracy.</p> <p>To be able to outwit opponents with the use of these techniques.</p> <p>To understand the rules regarding the pass and catching the ball.</p> <p>To perform skills in a small sided game making decisions about how best to advance on opposition.</p>	<p>Learn the technique for a range of different exercises.</p> <p>Teacher led circuit</p> <p>In small groups direct students to a station. At the station read the card and try to perform the correct technique. Teacher monitor.</p>	<p>To perform and replicate a legal table tennis serve.</p> <p>To be able to accurately replicate a variety of shots, including</p>	<p>Dribbling control.</p> <p>Progression: Vision</p> <p>Looking up: as dribble towards partner look up Progression: dribble & push</p> <p>Opposite partners in 4's cone on middle</p>

	how best to advance on opposition.		Group then delivers station to the rest of the class using demonstrations and explanation of technique. Complete circuit in pairs and peer coach each others technique. Number 1 work and number 2 rest/coach	backhand push and serve. To understand the scoring and rotation needed for doubles games.	when reach the cone push to partner. Take ball/puck for a walk passing ball between each other. Game: 3v1 No tackling just intercepting the ball, try and make as many passes as you can using good vision.
Lesson 3	To be able to outwit opponents using learnt skills and techniques. To understand the importance of width in order to attack. To demonstrate an understanding of the basic rules. To develop their understanding of strategic and tactical play in handball to beat and outwit an opponent.	To be able to outwit opponents using learnt skills and techniques. To understand the importance of width in order to attack. To demonstrate an understanding of the basic rules. To develop their understanding of strategic and tactical play in handball to beat and outwit an opponent.	Complete a teacher led circuit to improve your aerobic endurance. Circuit 1 min on each station Use aerobic circuit stations such as stars jumps, burpees, shuttle runs etc (cards in PE office)	To develop their understanding and knowledge of basic outwitting strategies. To understand and develop the use of spin and shot selection. To understand the double tactics and movement patterns.	Vision & possession Pairs passing to each other through a gate/target. Pairs passing to each other through a gate/target. Hockey Tennis in groups of 4 (2v2). Small coned area. Aim to keep the ball in the court and keep possession. One ½ of pair on each side of the net. (coned line) Encourage use of angles, pushing to non-stick side of opponents and looking for gaps. Small sided game – no tackling – must pass ball to progress around the pitch.
Week 12	HANDBALL	HANDBALL	Fitness	Table tennis / uni hockey	

Lesson 1	<p>Defending technique</p> <p>To develop their understanding and knowledge of how to defend.</p> <p>To perform and accurately replicate the correct techniques for front and side blocking.</p> <p>To understand the rules regarding defending within the game.</p>	<p>Defending technique</p> <p>To develop their understanding and knowledge of how to defend.</p> <p>To perform and accurately replicate the correct techniques for front and side blocking.</p> <p>To understand the rules regarding defending within the game.</p>	<p>Complete a circuit and identify the difference between aerobic exercise and anaerobic exercises.</p> <p>Aerobic and anaerobic circuit</p> <p>Difference between stations – can students identify which is aerobic and which is anaerobic</p>	<p>To 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>Game Play:</p> <p>Focus upon Passing and Vision.</p> <p>No tackling</p> <p>Make sure there is 2 touch hockey going on.</p>
Lesson 2	<p>To be able to outwit opponents using learnt skills and techniques.</p> <p>To develop the decision making process in a game situation.</p> <p>To confidently describe the rules and laws of handball.</p> <p>To begin to recognize and identify strengths and weaknesses when playing small sided games</p>	<p>To be able to outwit opponents using learnt skills and techniques.</p> <p>To develop the decision making process in a game situation.</p> <p>To confidently describe the rules and laws of handball.</p> <p>To begin to recognize and identify strengths and weaknesses when playing small sided games</p>	<p>Create your own circuit using your own ideas.</p> <p>Design own circuit in groups of 4 considering using both aerobic and anaerobic exercises.</p> <p>Each group of student given a mat and all relevant equipment to perform.</p> <p>Must have 6 different station and each station will last 1 minute</p> <p>Evaluate the stations using the scale (1-10) – which station was easiest how could it be changed for next week</p>	<p>Game Play</p> <p>demonstrate the ability to outwit an opponent in a game situation.</p> <p>To know and use the different types of shots.</p>	<p>Game Play:</p> <p>Focus upon Passing and Vision.</p> <p>No tackling</p> <p>Make sure there is 2 touch hockey going on.</p> <p>Progression:</p> <p>Start to think about formations</p>
week 13	HANDBALL	HANDBALL	Fitness	Table tennis/ Uni Hockey	
Lesson 1	<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 handball</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 handball.</p>	<p>Acting on feedback from the previous week to improve a circuit.</p> <p>In the same groups from the previous week</p> <p>Make any changes to the circuit to make a station harder</p>	<p>Game Play</p> <p>To demonstrate the ability to outwit an opponent in a game situation.</p>	<p>Game Play:</p> <p>Focus upon Passing and Vision.</p> <p>No tackling</p> <p>Make sure there is 2 touch hockey going on.</p>

			Must have 6 different station and each station will last 1min 20	To know and use the different types of shots.	Progression: Think about tactical planning changing own game plan based on what they know about the opposition.
Lesson 2	<p>Begin to introduce basic tactics of handball e.g. the fast break and leaving a defender at the top of the GK area.</p> <p>Carry out a specific role within invasion games i.e. performer, leader/coach, and official.</p> <p>Show greater understanding of the rules and tactics required in handball.</p> <p>Show understanding of how involvement in handball can help in leading healthy and active lifestyles.</p>	<p>Begin to introduce basic tactics of handball e.g. the fast break and leaving a defender at the top of the GK area.</p> <p>Carry out a specific role within invasion games i.e. performer, leader/coach, and official.</p> <p>Show greater understanding of the rules and tactics required in handball.</p> <p>Show understanding of how involvement in handball can help in leading healthy and active lifestyles.</p>	<p>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>Evaluate and compare to previous week again using scale (1-10)</p>	<p>RE-Visit Lesson</p> <p>Students self-assess which shots they need to work upon, they match up with similar students and work to develop their areas for improvement</p>	<p>Shooting lesson:</p> <p>Students work in waves to dribble with speed towards the goal and look to take a shot.</p> <p>Progress onto shooting in one fluid movement.</p>
Lesson 3	<p>Focus upon game play</p> <p>Assessment week.</p> <p>Students work collaboratively to work out tactics that work to beat their opponent.</p> <p>They think about each game and try to adjust the areas of weakness in order to improve success.</p>	<p>Focus upon game play</p> <p>Assessment week.</p> <p>Students work collaboratively to work out tactics that work to beat their opponent.</p> <p>They think about each game and try to adjust the areas of weakness in order to improve success.</p>	<p>Repeat Fitness Tests</p> <p>Aerobic warm up and stretches (locating major muscles and counting stretches)</p> <p>Fitness testing circuit – record results</p> <p>Abdominal curl (muscular endurance)</p> <p>Press up test (muscular endurance)</p> <p>Hand grip dynamometer (strength)</p> <p>Ruler drop (reaction time)</p> <p>Agility run (agility)</p>	<p>Assessment Lesson</p> <p>To demonstrate the ability to outwit an opponent in a game situation.</p> <p>To know and use the different types of shots.</p>	<p>Game Play:</p> <p>Focus upon Passing and Vision.</p> <p>No tackling</p> <p>Make sure there is 2 touch hockey going on.</p>

Week 14	Continuous Assessment Tournament Based	Continuous Assessment Tournament Based	Step up test (aerobic endurance) Fitness Videos Students are shown how to access different genre of videos on the internet that they can do at home. Just Dance videos	Continuous Assessment Tournament Based
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