

7 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>

Lesson 3	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
Week 4	Fitness & Fundamental Skills	Fitness & Fundamental Skills	Fitness & Fundamental Skills	Fitness & Fundamental Skills
Lesson 1	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.
Lesson 2	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 3	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, Perform the basic land and pivot Footwork principle 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.	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.
Week 6	FOTTBALL Contd	Table Tennis Contd	NETBALL 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 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 <i>rules i.e. no backwards pass + how to score a try.</i>

	To develop strategic and tactical play.			
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.	Positions on the court Knowing the off-side rule	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.
Lesson 3	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.	Principles of attack: moving into a space. Importance of Possession: passing and moving.	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.
Week 7	FOOTBALL Contd	TABLE TENNIS Contd	NETBALL Contd	RUGBY Cont'd
Lesson 1	To be able to perform and develop defensive strategies i.e Tackling, jockeying. Gain understanding of how to defend in a 1v1 situation. To understand when to defend and how to stop opponents from advancing.	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.	Principles of defence: What skills do defenders need. Shadowing & tracking a player	Defensive line: How to move back to avoid being offside Be able to spot potential gaps within the defensive line.

Lesson 2	<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 /Uni Hoc	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. Dribbling across width between cones in 4's. Gradually make the distance longer. Look at change over technique e.g.</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>

				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>	<ul style="list-style-type: none"> • Dribbling control. <p>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>
Lesson 3	<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</i></p>	<p>Passing/Use of width. To understand the importance of width in order to attack.</p>	<p>To be able to replicate a basic forehand push. To begin to develop</p>	<p>Pass and go: Getting feet around the ball: Passing down the court in pairs</p>	<p>Complete a teacher led circuit to improve your aerobic endurance. Circuit 1 min on each station</p>

	<i>backwards pass + how to score a try.</i>	To demonstrate an understanding of the basic rules <i>i.e. no backwards pass + how to score a try.</i>	strategic and tactical play during a rally. To confidently score a game of doubles.	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.	Use aerobic circuit stations such as stars jumps, burpees, shuttle runs etc (cards in PE office)
Week 9	Rugby	Rugby	Table Tennis/Uni hoc	Fitness	
Lesson 1	<p>Tackling technique</p> <p>To develop their understanding and knowledge of how to tackle safely.</p> <p>To perform and accurately replicate the correct techniques for front and side tackles.</p> <p>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</p> <p>To develop their understanding and knowledge of how to tackle safely.</p> <p>To perform and accurately replicate the correct techniques for front and side tackles.</p> <p>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.</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: 3v1 game: aim to dribble the ball with control over the line to score a point.</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>
Lesson 2	<p>Passing on the move in the line</p> <p>Working as a unit to bring the ball down the pitch.</p>	<p>Passing on the move in the line</p> <p>Working as a unit to bring the ball down the pitch.</p>	<p>To develop their understanding and knowledge</p>	<p>Vision & possession</p> <p>Pairs passing to each other</p>	<p>Create your own circuit using your own ideas.</p>

	Looking at changing the direction of the ball.	Looking at changing the direction of the ball.	of basic outwitting strategies. To understand and develop the use of spin and shot selection. To understand the double tactics and movement patterns.	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.	Design own circuit in groups of 4 considering using both aerobic and anaerobic exercises. Each group of student given a mat and all relevant equipment to perform. Must have 6 different station and each station will last 1 minute Evaluate the stations using the scale (1-10) – which station was easiest how could it be changed for next week
Week 10	Rugby	Rugby	Table Tennis/Uni Hoc	Fitness	
Lesson 1	Defensive line: How to move back to avoid being offside Be able to sport potential gaps within the defensive line.	Defensive line: How to move back to avoid being offside Be able to sport potential gaps within the defensive line.	To develop their understanding and knowledge of the rules of singles matches.	Game Play: Focus upon Passing and Vision. No tackling Make sure there is 2 touch hockey going on.	Acting on feedback from the previous week to improve a circuit. In the same groups from the previous week Make any changes to the circuit to make a station harder Must have 6 different station and each station will last 1min 20

			<p>To understand and develop the use of spin and shot selection.</p> <p>To understand the tactics and movement patterns in singles.</p>		
Lesson 2	<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>	<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>	<p>Game Play</p> <p>Students try to identify other students areas of strength and improvement.</p>	<p>Game Play</p> <p>Students try to identify other students areas of strength and improvement</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>
Lesson 3	<p>Assessment Lesson</p> <p>Focus Upon small sided games.</p> <p>Students transfer skill learnt.</p> <p>Students try to identify areas of strength and for development.</p>	<p>Assessment Lesson</p> <p>Focus Upon small sided games.</p> <p>Students transfer skill learnt.</p> <p>Students try to identify areas of strength and for development.</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> <p>Progression: Start to think about formations</p>	<p>Fitness Video</p> <p>Students get a taster about how they can access fitness videos on the internet at home.</p>
week 11	HANDBALL	HANDBALL	Fitness		Table Tennis/ Uni Hoc

Lesson 1	<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>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>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 outwit opponents using learnt skills and techniques.</p> <p>To understand the importance of width in order to attack.</p> <p>To demonstrate an understanding of the basic rules.</p>	<p>To be able to outwit opponents using learnt skills and techniques.</p> <p>To understand the importance of width in order to attack.</p> <p>To demonstrate an understanding of the basic rules.</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</p>	<p>To perform and replicate a legal table tennis serve.</p> <p>To be able to accurately</p>	<p>Dribbling control.</p> <p>Progression: Vision Looking up: as dribble towards</p>

	To develop their understanding of strategic and tactical play in handball to beat and outwit an opponent.	To develop their understanding of strategic and tactical play in handball to beat and outwit an opponent.	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	replicate a variety of shots, including backhand push and serve. To understand the scoring and rotation needed for doubles games.	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.
Week 12	HANDBALL Contd	HANDBALL Contd	Fitness	Table tennis / Uni Hoc	
Lesson 1	Defending technique To develop their understanding and knowledge of how to defend. To perform and accurately replicate the correct techniques for front and side blocking. To understand the rules regarding defending within the game.	Defending technique To develop their understanding and knowledge of how to defend. To perform and accurately replicate the correct techniques for front and side blocking. To understand the rules regarding defending within the game.	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 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.	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.
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>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 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: 3v1 game: aim to dribble the ball with control over the line to score a point.</p>
Lesson 3	<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 rugby.</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 rugby.</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>To develop their understanding and knowledge of basic outwitting strategies.</p> <p>To understand and develop the use of spin and shot selection.</p> <p>To understand the double tactics and</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 (2v2). Small coned area. Aim</p>

				movement patterns.	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 13	HANDBALL	HANDBALL	Fitness	Table Tennis / Uni Hoc	
Lesson 1	<p>Show ability to make observations about how to improve play.</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 ability to make observations about how to improve play.</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>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 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 perform the fundamental basketball skill of ball handling.</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 Basketball.</p>	<p>To be able to perform the fundamental basketball skill of ball handling.</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 Basketball.</p>	<p>Show improved technique in different exercises by exercising safely and effectively activities such as multi-skills i.e. agility, balance, coordination as well improved health related fitness components including cardiovascular and muscular endurance, flexibility etc.</p> <p>Evaluate and compare to previous week again using scale (1-10)</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> <p>Progression:</p> <p>Start to think about formations</p>
Week 14	Christmas Week	Christmas Week	Christmas Week	Christmas Week	
	Continuous Assessment Tournament Based	Continuous Assessment Tournament Based	<p>Fitness Videos</p> <p>Students are shown how to access different genre of videos on the internet that they can do at home.</p> <p>Just Dance videos</p>	Continuous Assessment Tournament Based	