

| 8 South  | Male learning Intentions set 1  | Male learning Intentions set 2  | Female learning Intentions set 1  | Female learning Intentions set 2  |
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| 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 &amp; Cardio vascular training.</p> <p>Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap. Circle drills.</p>                                   | <p>Football skills &amp; Cardio vascular training.</p> <p>Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap. Circle drills.</p>                                   | <p>Netball Skills &amp; 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 &amp; 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>                     |

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

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| 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 be able to perform a pass using inside and outside of foot and understand the importance of receiving correctly.</p> <p>To be able to perform these in a small sided game.</p> <p>To understand and know where passing is used in football. To be able to outwit opponents with a variety of passes.</p>                 | <p>To be able to demonstrate &amp; use the correct grip and understand the ready position.</p> <p>To be able to accurately replicate a basic backhand push shot. To demonstrate basic scoring and apply the rules of double game play.</p> <p>To understand when to use a backhand push in a game.</p> | <p>Develop footwork: Working at driving towards the ball Developing passing: working at passing and receiving the ball at different distances and speed.</p>           | <p>To be able to perform a pass using inside and outside of foot and understand the importance of receiving correctly.</p> <p>To be able to perform these in a small sided game.</p> <p>To understand and know where passing is used in football. To be able to outwit opponents with a variety of passes.</p>                 |
| Lesson 2 | <p>To be able to perform and accurately replicate different types of dribbling with control, speed and fluency.</p> <p>To be able to outwit opponents with the combination of turns and dribbling.</p> <p>To be able to perform techniques 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 with control and accuracy.</p> <p>To develop the skill of outwitting an opponent on serve.</p> <p>To understand the scoring and rotation needed for doubles games.</p>  | <p>Develop attacking: Dodging and Changing direction.</p> <p>Working with both passive and active defenders.</p>   | <p>To be able to perform and accurately replicate different types of dribbling with control, speed and fluency.</p> <p>To be able to outwit opponents with the combination of turns and dribbling.</p> <p>To be able to perform techniques in a small sided game making decisions about how best to advance on opposition.</p> |

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| Lesson 3 | <p>To be able to outwit opponents using learnt skills and techniques at speed.</p> <p>To understand the importance of width and team shape.</p> <p>To develop strategic and tactical play for both attack and defence.</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 understand when to use a forehand push in a game.</p>   | <p>Develop defending: Reviewing shadowing skills.</p> <p>Looking at getting arms up in front of a player.</p>                          | <p>To be able to outwit opponents using learnt skills and techniques at speed.</p> <p>To understand the importance of width and team shape.</p> <p>To develop strategic and tactical play for both attack and defence.</p>   |
| Week 6   | FOOTBALL OUTSIDE / HALL Cont'd   | TABLE TENNIS Cont'd  | NETBALL Cont'd   | FOOTBALL Cont'd  |
| Lesson 1 | <p>To perform and replicate an accurate, controlled shot on goal with power.</p> <p>To execute a successful shot on goal i.e. across goal.</p> <p>To appreciate how to adjust shot selection based on opponents positioning.</p> <p>To be able to assess &amp; 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>Outwitting opponents: Thinking about which pass to use in different situations.</p>   | <p>To perform and replicate an accurate, controlled shot on goal with power.</p> <p>To execute a successful shot on goal i.e. across goal.</p> <p>To appreciate how to adjust shot selection based on opponents positioning.</p> <p>To be able to assess &amp; evaluate shooting techniques and suggest ways to improve.</p> |
| Lesson 2 | <p>To develop understanding and knowledge of how to control the ball correctly.</p> <p>To perform the different types of control and from a variety of distances e.g. chest, thigh.</p> <p>Appreciate the need to make decisions about choice of technique, eg. Get in line early, judge the height of the ball.</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. To understand the double tactics and movement patterns.</p>                                     | <p>Tactical play e.g. Free pass/ penalty pass who should take the pass and why?</p> <p>Positioning on court for certain scenarios.</p> | <p>To develop understanding and knowledge of how to control the ball correctly.</p> <p>To perform the different types of control and from a variety of distances e.g. chest, thigh.</p> <p>Appreciate the need to make decisions about choice of technique, eg. Get in line early, judge the height of the ball.</p>         |
| Week 7   | FOOTBALL OUTSIDE / HALL Cont'd   | TABLE TENNIS Cont'd  | NETBALL Cont'd   | FOOTBALL Cont'd  |

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| Lesson 1 | To be able to perform and develop defensive strategies i.e Tackling, jockeying, forcing onto weaker foot.<br>Gain understanding of how to defend in a 1v1 or 2v2 situation.<br>To understand when to defend and how to stop opponents from advancing. | To develop their understanding and knowledge of the rules of singles matches.<br>To understand and develop the use of spin and shot selection. To understand the tactics and movement patterns in singles.                                       | Tactical Play: Positioning on court for certain scenarios: backline pass, sideline pass.<br><br>Movement for these scenarios.             | To be able to perform and develop defensive strategies i.e Tackling, jockeying, forcing onto weaker foot.<br>Gain understanding of how to defend in a 1v1 or 2v2 situation. To understand when to defend and how to stop opponents from advancing. |
| Lesson 2 | Assessment Lesson<br>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.<br>The pupils are to develop their knowledge and understanding of the rules in football.                       | Assessment Lesson<br>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.<br>To know and use the different types of shots.  | Assessment lesson:<br>Game Play: Thinking about passing and positioning on court. Discussion of own strengths & areas for improvement.    | Assessment Lesson<br>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.<br>The pupils are to develop their knowledge and understanding of the rules in football.                    |
| Lesson 3 | Assessment Lesson<br><br>Playing the game applying skills learnt under pressure.<br><br>Trying to identify own areas of strength and development.   | Assessment Lesson<br>To be able to demonstrate & use the correct grip and understand the ready position.<br>To be able to accurately replicate a basic backhand push shot. To demonstrate basic scoring and apply the rules of double game play. | Assessment Lesson:<br>Game Play: Thinking about passing and positioning on court.<br>Discussion of own strengths & areas for improvement. | Assessment Lesson<br>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.<br>The pupils are to develop their knowledge and understanding of the rules in football.                    |
| Week 8   | Basketball  | Rugby  | FOOTBALL OUTSIDE / HALL   | Table Tennis/Uni Hoc   |

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| Lesson 1 | <p>To be able to perform passing and receiving techniques and use to outwit opposition.</p> <p>To be able to perform these in a small sided game with success.</p> <p>To use dribbling technique correctly and understand what constitutes a double dribble and traveling</p> | <p><b>Recap passing &amp; refine handling skills</b></p> <p>To develop and replicate fundamental rugby handling skills.</p> <p>To be able to perform these in a small sided game to maintain ball possession To confidently describe the rules of rugby league.</p> | <p>To be able to perform and accurately replicate different types of dribbling with control, speed and fluency.</p> <p>To be able to outwit opponents with the combination of turns and dribbling.</p> <p>To be able to perform techniques in a small sided game making decisions about how best to advance on opposition.</p> | <p>To be able to demonstrate &amp; use the correct grip and understand the ready position.</p> <p>To be able to accurately replicate a basic backhand push shot. To demonstrate basic scoring and apply the rules of double game play. To understand when to use a backhand push in a game.</p> | <p>Recap Lesson:</p> <p>Looking at basic dribbling</p> <p>Stick skill/management</p> <p>Vision and looking up</p> <p>Basic passing</p> |
| Lesson 2 | <p>To develop an understanding about attacking principles related to basketball.</p> <p>To perform and accurately replicate a range of dribbling skills to outwit opponents. To understand the need of tactical movements and strategies to invade opponent's half.</p>       | <p><b>Recap passing &amp; refine handling skills</b></p> <p>To create and develop varying strategic ways of getting passed defenders.</p> <p>To understand the rules of rugby league i.e. 5 tackles + play the ball.</p>  | <p>To be able to outwit opponents using learnt skills and techniques at speed.</p> <p>To understand the importance of width and team shape.</p> <p>To develop strategic and tactical play for both attack and defence.</p>   | <p>To perform and replicate a legal table tennis serve with control and accuracy. To develop the skill of outwitting an opponent on serve.</p> <p>To understand the scoring and rotation needed for doubles games.</p>  | <p>Jab Tackling</p> <p>Jab first</p> <p>Talk about shadowing</p> <p>3v1 games with just jab tackle &amp; shadowing</p>                 |

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| 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. interception, strip, side step.</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 rebounding and accurately replicate.</p> | <p><b>Develop tackling technique</b> To develop an understanding and knowledge of tackling technique.</p> <p>To replicate the correct technique on advancing opposition. To understand the safety aspects of rugby tackles.</p> <p>To understand the rules regarding tackling within the game.</p>                        | <p>To perform and replicate an accurate, controlled shot on goal with power.</p> <p>To execute a successful shot on goal i.e. across goal.</p> <p>To appreciate how to adjust shot selection based on opponents positioning.</p> <p>To be able to assess &amp; 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 understand when to use a forehand push in a game.</p>    | <p>Block tackle:<br/>Drills &amp; bully off practice<br/>3v1 games just block tackles<br/>Avoidance of swiping</p> |
| Lesson 2 | <p>To understand and know the benefits of types of shots.</p> <p>To develop their understanding and knowledge of how to execute a successful set shot.</p> <p>To be able to outwit opponents using learnt skills and techniques.</p>  | <p><b>Tactical play/outwitting opponents</b></p> <p>To develop knowledge and understanding of strategic play used to outwit opponents. To be able to change and refine tactics based on the analysis of certain plays and opposition. To confidently describe the laws of rugby league and officiate parts of a game.</p> | <p>To develop understanding and knowledge of how to control the ball correctly.</p> <p>To perform the different types of control and from a variety of distances e.g. chest, thigh.</p> <p>Appreciate the need to make decisions about choice of technique, eg. Get in line early, judge the height of the ball.</p>         | <p>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>Focus upon decision making &amp; tackling is it best to Jab/shadow/block</p>                                    |

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| Lesson 3 | <p>To perform the jump shot appreciating the outcome necessary.</p> <p>To develop their understanding and knowledge of how to outwit an opponent using accurate replication of shooting techniques.</p> <p>To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.</p> | <p><b>Defending</b></p> <p>To develop an understanding of The defending line.</p> <p>To identify when the defending line is working or when needs adjusting.</p> <p>Working as part of a team to create a strong defending line.</p> | <p>To be able to perform and develop defensive strategies i.e Tackling, jockeying, forcing onto weaker foot.</p> <p>Gain understanding of how to defend in a 1v1 or 2v2 situation.</p> <p>To understand when to defend and how to stop opponents from advancing.</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 movement patterns.</p> | <p>How to deal with Tackling; Off loading the ball/puck</p> <p>Protecting the ball/puck</p> <p>Passing backwards and support.</p> <p>Indian Dribble/dragging the ball puck across the body</p> |
| Week 10  | Basketball   | Rugby  | Football   | Table Tennis& Uni Hoc   |  |

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| Lesson 1 | <p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.</p> <p>To develop knowledge of basketball rules (i.e. contact)</p> <p>To develop an understanding of the importance of width and playing into space in order to attack.</p> | <p>Game Play</p> <p>Look at allocating roles that suit the strengths of individuals within a game: e.g. the captain, the main try scorer, key defenders</p> | <p>Assessment Lesson</p> <p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.</p> <p>The pupils are to develop their knowledge and understanding of the rules in football.</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.</p> <p>To understand the tactics and movement patterns in singles.</p> | <p>Hockey</p> <p>Kabaddi:</p> <p>Possession games: The defender can use block or jab tackle to swipe the ball/puck away either off the pitch or to their side.</p> <p>Attackers use the skills learnt to protect the ball/puck</p> |
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| Lesson 2 | <p>The pupils are to develop their knowledge and understanding of the rules in basketball.</p> <p>To demonstrate a developing understanding of basketball.</p>  | <p><b>Assessment</b></p> <p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.</p> <p>To accurately replicate actions and tactical sequences. To show their knowledge and understanding of the rules in rugby.</p> | <p>Assessment Lesson</p> <p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.</p> <p>The pupils are to develop their knowledge and understanding of the rules in football.</p> | <p>Assessment Lesson To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To know and use the different types of shots.</p> | <p>Game Play Assessment.</p> <p>Using tackles</p> <p>Indian dribble</p> <p>Protecting the ball/puck</p> <p>Passing backwards.</p>   |
| Week 11  | Rugby   | Basketball  | TABLE TENNIS/Uni Hoc   |  | FITNESS   |
| Lesson 1 | <p><b>Recap passing &amp; refine handling skills</b></p> <p>To develop and replicate fundamental rugby handling skills.</p> <p>To be able to perform these in a small sided game to maintain ball possession To confidently describe the rules of rugby league.</p> | <p>To be able to perform passing and receiving techniques and use to outwit opposition.</p> <p>To be able to perform these in a small sided game with success. To use dribbling technique correctly and understand what constitutes a double dribble and traveling</p>            | <p>To be able to demonstrate &amp; use the correct grip and understand the ready position. To be able to accurately replicate a basic backhand push shot. To demonstrate basic scoring</p>   | <p>Recap Lesson:</p> <p>Looking at basic dribbling Stick skill/management</p> <p>Vision and looking up</p> <p>Basic passing</p>  | <p>Perform fitness test for cardiovascular endurance and interpret the result against normative data.</p> <p>Student led warm up (pulse raiser and stretches)</p> <p>Multi stage fitness test</p> <p>Record result and compare against normative data</p> <p>Understand the purpose of the test and what it means for the individual.</p> |

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|  |  |  | and apply the rules of double game play. To understand when to use a backhand push in a game. |  |  |
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| Lesson 2 | <p><b>Recap passing &amp; refine handling skills</b></p> <p>To create and develop varying strategic ways of getting passed defenders.<br/>To understand the rules of rugby league i.e. 5 tackles + play the ball.</p>    | <p>To develop an understanding about attacking principles related to basketball.</p> <p>To perform and accurately replicate a range of dribbling skills to outwit opponents. To understand the need of tactical movements and strategies to invade opponent's half.</p> | <p>To perform and replicate a legal table tennis serve with control and accuracy. To develop the skill of outwitting an opponent on serve.<br/>To understand the scoring and rotation needed for doubles games.</p> | <p>Jab Tackling<br/>Jab first<br/>Talk about shadowing<br/>3v1 games with just jab tackle &amp; shadowing</p> | <p>Perform fitness tests for cardiovascular endurance and interpret the result against normative data.<br/>Student led warm up (pulse raiser and stretches)<br/>Cooper run<br/>In pairs – one counting and one running<br/>X laps by 100 to give total distance<br/>Record result and compare against normative data<br/>Understand the purpose of the test and what it means for the individual</p> |
| Lesson 3 | <p><b>Develop tackling technique</b> To develop an understanding and knowledge of tackling technique. To replicate the correct technique on advancing opposition. To understand the safety aspects of rugby tackles.</p> | <p>To be able to outwit opponents with the use of defending skills.<br/><i>i.e. interception, strip, side step.</i> To be able to perform skills in a small sided game making decisions about how best to stop opposition.</p>  | <p>forehand topspin shot.<br/>To understand the importance of movement and preparation for</p>  | <p>Focus upon decision making &amp; tackling is it best to Jab/shadow/block</p>                               | <p>Understand the terms sets and repetitions and how progression should be used in circuit training.<br/>Warm up: recap the exercises use MA students to demonstrate<br/>Progression circuit<br/>•8-10 stations</p>  |

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|  | To understand the rules regarding tackling within the game. | To develop an understanding about rebounding and accurately replicate. | an effective forehand shot. To understand how to adjust shot selection based on opponents positioning. |  | <ul style="list-style-type: none"> <li>•On the first go around the circuit students complete 1 repetition on each station</li> <li>•On the second go around the circuit students complete 2 repetitions on each station</li> <li>•.... Until they reach 10 repetitions</li> <li>•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)</li> </ul> |
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| Week 12  | Rugby   | Basketball   | TABLE TENNIS & Uni Hoc  |  | FITNESS Cont'd  |
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| Lesson 1 | <p><b>Tactical play/outwitting opponents</b></p> <p>To develop knowledge and understanding of strategic play used to outwit opponents. To be able to change and refine tactics based on the analysis of certain plays and opposition. To confidently describe the laws of rugby league and officiate parts of a game.</p> | <p>To understand and know the benefits of types of shots.</p> <p>To develop their understanding and knowledge of how to execute a successful set shot.</p> <p>To be able to outwit opponents using learnt skills and techniques.</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 movement patterns.</p> | <p>How to deal with Tackling; Off loading the ball/puck</p> <p>Protecting the ball/puck</p> <p>Passing backwards and support.</p> <p>Indian Dribble/dragging the ball puck across the body</p> | <p>Know how to measure heart rate and how it can be used in training. Measure resting heart rate at the start of the lesson. Explain the term maximum heart rate and training zone for aerobic endurance.</p> <p>Circuit</p> <p>8-10 stations</p> <p>Students work in pairs and decide on a time for each station based on their fitness test scores and previous weeks' circuit.</p> <p>After 10 minutes ask students to take heart rate. Discuss the different heart rates and link to training zones.</p> <p>Continue with circuit</p> |

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| Lesson 2 | <p><b>Defending</b></p> <p>To develop an understanding of The defending line.<br/>To identify when the defending line is working or when needs adjusting.<br/>Working as part of a team to create a strong defending line.</p> | <p>To perform the jump shot appreciating the outcome necessary.<br/>To develop their understanding and knowledge of how to outwit an opponent using accurate replication of shooting techniques.<br/>To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.</p> | <p>Assessment Lesson To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To know and use the different types of shots.</p> | <p>Game Play Assessment.<br/>Using tackles<br/>Indian dribble<br/>Protecting the ball/puck<br/>Passing backwards.</p> | <p>Create your own circuit based on your training goals (specific).<br/>Circuit own design specific to you and your goals<br/>Design own circuit in pairs considering using both aerobic and anaerobic exercises from year 7.<br/>Each group of students to be given a mat and all relevant equipment to perform.<br/>Must have 6 different station and each station will last 1 minute<br/>Evaluate the stations using the scale (1-10) OR heart rate – which station was easiest how could it be changed for next week</p> |
| week 13  | Rugby  | Basketball   | Table Tennis & Uni Hoc   |   | Fitness  |

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| Lesson 1 | <p>Game Play</p> <p>Look at allocating roles that suit the strengths of individuals within a game: e.g. the captain, the main try scorer, key defenders</p> | <p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.</p> <p>To develop knowledge of basketball rules (i.e. contact) To develop an understanding of the importance of width and playing into space in order to attack.</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.</p> <p>To understand the tactics and movement patterns in singles.</p> | <p>Hockey Kabaddi:<br/>Possession games:<br/>The defender can use block or jab tackle to swipe the ball/puck away either off the pitch or to their side.<br/>Attackers use the skills learnt to protect the ball/puck</p> | <p>Acting on feedback from the previous week progress your circuit.</p> <p>Progression of your own circuit</p> <ul style="list-style-type: none"> <li>•In the same groups from the previous week</li> <li>•Make any changes to the circuit to make a station harder</li> <li>•Must have 6 different station and each station will last 1min 20</li> <li>•Evaluate and compare to previous week again using scale (1-10) or HR</li> </ul> |
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| Lesson 2 | <p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.</p> <p>To accurately replicate actions and tactical sequences. To show their knowledge and understanding of the rules in rugby.</p> <p>Small Games looking at analysing areas of strength and development for their team.</p> | <p>The pupils are to develop their knowledge and understanding of the rules in basketball.</p> <p>To demonstrate a developing understanding of basketball.</p> | <p>Assessment Lesson To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To know and use the different types of shots.</p> | <p>Game Play Assessment.<br/>Using tackles<br/>Indian dribble<br/>Protecting the ball/puck<br/>Passing backwards.</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>Show improved understanding of the principles of training, training methods and concepts and health and fitness strategies.</p> |
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| Lesson 3 | <p>Assessment</p> <p>Games play with minimal input from the teacher.<br/>Students looking to organise own defensive line, communicating with each other throughout play</p> | <p>Assessment</p> <p>Games play with minimal input from the teacher.<br/>Students looking to organise own defending positions, decision making with shots, communicating with each other throughout play</p> | <p>Assessment Lesson To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To know and use the different types of shots.</p> | <p>Game Play Assessment.<br/>Using tackles<br/>Indian dribble<br/>Protecting the ball/puck<br/>Passing backwards.</p> | <p>Assessment</p> <p>Design own mini circuit demonstrating the K &amp;U of aerobic and anaerobic fitness.</p> |
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| Week 14 | Rugby  | BASKETBALL Cont'd  | Table tennis/uni Hoc   | Fitness  |
|         | This Week students will play in mini tournaments being able to play against different students | This Week students will play in mini tournaments being able to play against different students | This Week students will play in mini tournaments being able to play against different students | Students this week will look to the internet to see what different fitness classes and just dance they can access at home. |