

Year 10 North & South	Male learning Intentions set 1	Male learning Intentions set 2	Female learning Intentions set 1	Female learning Intentions set 2
Week 15	Fitness Circuit	Boxing	Basketball	Basketball
Lesson 1	To be able to plan a component of fitness that students would like to improve (Muscular endurance – circuit training/interval training/weight training)	<p><b>Know &amp; Understand the correct boxing stance and footwork –</b>  Front toe &amp; back heel on the center line. Dominant hand in back (if you are right-handed, put the right hand in back).</p> <p>Weight evenly distributed across both legs, knees slightly bent.</p> <p>Feet diagonal, little wider than shoulder width apart, back heel raised.</p> <p>Elbows down, hands up.</p> <p>Head behind your gloves, chin slightly down, eyes see over the gloves.</p> <p>To go FORWARD or LEFT, step with your left foot first and then drag the right foot after.</p> <p>To go BACKWARD or RIGHT, step with your right foot first and then drag the left foot after.</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.</p> <p>To use dribbling technique correctly and understand what constitutes a double dribble and traveling</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.</p> <p>To use dribbling technique correctly and understand what constitutes a double dribble and traveling</p>

Lesson 2	To know what circuit training is  To understand how to deliver circuit training	<b>Demonstrate the correct technique of the Jab</b>  Keeping the rest of your body still, extend your left fist straight forward.  Exhale sharply as you punch, rotating the fist to land with the palm down.  Pull the hand back immediately after impact to defend.	<ul style="list-style-type: none"> <li>To develop an understanding about attacking principles related to basketball.</li> <li>To perform and accurately replicate a range of dribbling skills to outwit opponents.</li> <li>To understand the need of tactical movements and strategies to invade opponents half.</li> </ul>	<ul style="list-style-type: none"> <li>To develop an understanding about attacking principles related to basketball.</li> <li>To perform and accurately replicate a range of dribbling skills to outwit opponents.</li> <li>To understand the need of tactical movements and strategies to invade opponents half.</li> </ul>
Week 16	Fitness Circuit	Boxing	Basketball	basketball
Lesson 1	<ul style="list-style-type: none"> <li>To know and understand the different components of fitness that circuit training may work on.</li> <li>To know the difference between aerobic training and anaerobic training</li> </ul>	<p>Demonstrate the correct technique of the hook shot</p> <p>Pivot your feet clockwise (about 90 degrees) as you drop the left heel and lift the right heel.</p> <p>Your body rotates as one solid block when you pivot your feet.</p> <p>The right arm tightens as you swing your right fist into the target.</p>	<ul style="list-style-type: none"> <li>To be able to outwit opponents with the use of defending skills. <i>i.e. interception, strip, side step.</i></li> <li>To be able to perform skills in a small sided game making decisions about how best to stop opposition.</li> <li>To develop an understanding about rebounding and accurately replicate.</li> </ul>	<ul style="list-style-type: none"> <li>To be able to outwit opponents with the use of defending skills. <i>i.e. interception, strip, side step.</i></li> <li>To be able to perform skills in a small sided game making decisions about how best to stop opposition.</li> <li>To develop an understanding about rebounding and accurately replicate.</li> </ul>
Week 17	Fitness Circuit	Boxing	Basketball	Basketball

Lesson 1	<p>To know what interval training is To understand how to deliver interval training To know and understand the different components of fitness that interval training may work on. To know the difference between aerobic training and anaerobic training</p>	<p>Know and understand the correct technique of the uppercut</p> <p>pivot your feet clockwise (about 90 degrees) as you drop the right heel and lift the left heel.</p> <p>Your body rotates just like a left hook (don't lean forward or backward).</p> <p>With your elbow pointing down, drop your left fist slightly and swing it upwards as you exhale.</p> <p>The punch lands with the palm facing up.</p> <p>Keep this punch compact, and recover to your stance quickly.</p>	<ul style="list-style-type: none"> <li>To perform the jump shot appreciating the outcome necessary.</li> <li>To develop their understanding and knowledge of how to outwit an opponent using accurate replication of shooting techniques.</li> <li>To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.</li> </ul>	<ul style="list-style-type: none"> <li>To perform the jump shot appreciating the outcome necessary.</li> <li>To develop their understanding and knowledge of how to outwit an opponent using accurate replication of shooting techniques.</li> <li>To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.</li> </ul>
Lesson 2	<p>Fartlek Training</p> <p>Know &amp; understand what it is? Think about different ways you can do this? Understand what sports would benefit from kind of training.</p>	<p>Students to devise their own combinations.</p> <p>Students must include a range of shots with the correct technique and some forms of defence.</p>	<p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. 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 demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. 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>
Week 18	Boxing	Fitness	Badminton	Badminton
Lesson 1	<b>Know &amp; Understand the correct boxing stance and footwork</b> – Front toe & back	To be able to plan a component of fitness that students would like to improve (Muscular endurance –	<ul style="list-style-type: none"> <li>Recall how to set up a badminton court.</li> </ul>	<ul style="list-style-type: none"> <li>Recall how to set up a badminton court.</li> </ul>

	<p>heel on the center line. Dominant hand in back (if you are right-handed, put the right hand in back).</p> <p>Weight evenly distributed across both legs, knees slightly bent.</p> <p>Feet diagonal, little wider than shoulder width apart, back heel raised.</p> <p>Elbows down, hands up.</p> <p>Head behind your gloves, chin slightly down, eyes see over the gloves.</p> <p>To go FORWARD or LEFT, step with your left foot first and then drag the right foot after.</p> <p>To go BACKWARD or RIGHT, step with your right foot first and then drag the left foot after.</p>	<p>circuit training/interval training/weight training)</p>	<ul style="list-style-type: none"> <li>To be able to keep a rally using the correct serve, net shot and overhead clear.</li> <li>Apply tactics during the serve and rally to move an opponent around the court.</li> </ul>	<ul style="list-style-type: none"> <li>To be able to keep a rally using the correct serve, net shot and overhead clear.</li> <li>Apply tactics during the serve and rally to move an opponent around the court.</li> </ul>
Week 19	Boxing	Fitness		
Lesson 1	<b>Demonstrate the correct technique of the Jab</b>	<p>To know what circuit training is</p> <p>To understand how to deliver circuit training</p>	<p>Badminton</p> <ul style="list-style-type: none"> <li>To be able to perform the forehand &amp; backhand serve aiming for different areas of the court, demonstrating consistency and an element</li> </ul>	<p>Badminton</p> <ul style="list-style-type: none"> <li>To be able to perform the forehand &amp; backhand serve aiming for different areas of the court, demonstrating consistency and an element of</li> </ul>

	<p>Keeping the rest of your body still, extend your left fist straight forward.</p> <p>Exhale sharply as you punch, rotating the fist to land with the palm down.</p> <p>Pull the hand back immediately after impact to defend.</p>		of disguise in both isolation and in competitive games.	disguise in both isolation and in competitive games.
Lesson 2	<p>Demonstrate the correct technique of the hook shot</p> <p>Pivot your feet clockwise (about 90 degrees) as you drop the left heel and lift the right heel.</p> <p>Your body rotates as one solid block when you pivot your feet.</p> <p>The right arm tightens as you swing your right fist into the target.</p>	<ul style="list-style-type: none"> <li>To know and understand the different components of fitness that circuit training may work on.</li> <li>To know the difference between aerobic training and anaerobic training</li> </ul>	<ul style="list-style-type: none"> <li>To be able to perform the overhead clear and smash shot.</li> <li>Demonstrate control of the rally but choosing correct shot choice.</li> </ul>	<ul style="list-style-type: none"> <li>To be able to perform the overhead clear and smash shot.</li> <li>Demonstrate control of the rally but choosing correct shot choice.</li> </ul>
Week 20	Boxing	Fitness		
Lesson 1	Know and understand the correct technique of the uppercut	To know what interval training is To understand how to deliver interval training	<p>Badminton</p> <ul style="list-style-type: none"> <li>Assessment Lesson</li> </ul>	<p>Badminton</p> <ul style="list-style-type: none"> <li>Assessment Lesson</li> </ul>

	<p>pivot your feet clockwise (about 90 degrees) as you drop the right heel and lift the left heel.</p> <p>Your body rotates just like a left hook (don't lean forward or backward).</p> <p>With your elbow pointing down, drop your left fist slightly and swing it upwards as you exhale.</p> <p>The punch lands with the palm facing up.</p> <p>Keep this punch compact, and recover to your stance quickly.</p>	<p>To know and understand the different components of fitness that interval training may work on. To know the difference between aerobic training and anaerobic training</p>	<ul style="list-style-type: none"> <li>• Demonstrate the serve, net shot, smash and overhead clear consistently in a game.</li> <li>• Apply tactics to move your opponent including disguise to shots.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate the serve, net shot, smash and overhead clear consistently in a game.</li> <li>• Apply tactics to move your opponent including disguise to shots.</li> </ul>
Week 21	Futsal	Badminton	Dodgeball	Gymnastics
Lesson 1	<p><u>How To Run The Futsal Session:</u> 3 v 3 game, winner stays on. 1 goal to win. If the game is tied after 2 minutes the team on for the longest time comes off. Focus:</p> <ul style="list-style-type: none"> <li>• Teamwork and communication</li> <li>Quick regrouping and organization</li> <li>Passing accuracy</li> <li>• Movement and support</li> <li>• Ball control, game awareness</li> </ul>	<ul style="list-style-type: none"> <li>• Recall how to set up a badminton court.</li> <li>• To be able to keep a rally using the correct serve, net shot and overhead clear.</li> <li>• Apply tactics during the serve and rally to move an opponent around the court.</li> </ul>	<p>Use different throwing techniques and apply tactics to a zone ball game.</p> <p>Where is the best place to throw from. Which throw is your most powerful and that this may differ from other students.</p>	<p>Explore the idea of Body Tension and working as pairs:</p> <p>Back to back challenge to push up and hold on the way down (counter balance)</p> <p>Pulling apart and seeing how low you can go and pull up from seated (counter tension)</p> <p>Move into the stand on knee balance from seated to standing as a three/four group balance</p>
Lesson 2	<u>How To Run The Futsal Session:</u>	Badminton	Decision making in Dodgeball:	Gymnastics

	<p>Pass from one target player to the other by making passes amongst your team mates. All players must be in the half of the receiving target player before the pass can be made.</p> <p>Focus:</p> <ul style="list-style-type: none"> <li>• Support angles</li> <li>• Passing and receiving</li> <li>• Moving as a unit</li> <li>• Being a passing option to your team mate</li> </ul>	<p>To be able to perform the forehand &amp; backhand serve aiming for different areas of the court, demonstrating consistency and an element of disguise in both isolation and in competitive games.</p>	<p>To come back in or to stay and get people out from the zone area.</p> <p>Discuss the different ideas around when is it best to come back in.</p> <p>Stop the game at different moments and ask students what the best tactic would be.</p>	<p>Introduce the stand on back balance &amp; Flying angel</p> <p>Talk about relationships with partner and safe good communication.</p> <p>Encourage them to try different combinations</p> <p>Create a small routine using the balances and counter balances looked at</p>
Week 22			Dodgeball	Gymnastics
Lesson 1	<p><u>How To Run The Futsal Session:</u></p> <p>Play starts with a ball in from the outside to the furthest player back in the center, that player passes out to the opposite side. The player who passed the ball in initially makes a run in centrally towards the attackers space. The attacker moves out wide to balance the field and draw a marking player out of position to give the player running centrally some space to move into.</p> <p>Focus:</p> <ul style="list-style-type: none"> <li>• Passing accuracy</li> <li>• Movement off movement-adjust your position to benefit your team</li> <li>• Exploiting space when available</li> </ul> <p>Taking opportunities quickly</p>	<p>Badminton</p> <ul style="list-style-type: none"> <li>• To be able to perform the overhead clear and smash shot.</li> </ul> <p>Demonstrate control of the rally but choosing correct shot choice.</p>	<p>Apply tactics to a 4 corner game with additional challenges.</p> <p>Introduce the 4 team dodgeball: Include as the game goes on The medic, the star player.</p> <p>Question students on how best to play the game to win and stay in the longest.</p>	<p>Give the students the gym cards to explore and try out new balances.</p> <p>Remind students of safety and moving in and out of balances with tension</p>
week 23			Dodgeball	Gymnastics
Lesson 1	<p><u>How To Run The Futsal Session:</u></p>	Badminton	Leadership roles in Dodgeball.	Students begin to choose the balances they think they can perform with the

	<p>Two teams of 4 players stand in overlapping squares. Pass one ball per team counter clockwise avoiding collisions between balls.</p> <p>Focus:</p> <ul style="list-style-type: none"> <li>• Good first touch with inside/outside/sole</li> <li>• Accurate passing</li> <li>• Awareness</li> <li>• Timing of passes</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate the serve, net shot, smash and overhead clear consistently in a game.</li> <li>• Apply tactics to move your opponent including disguise to shots.</li> </ul>	<p>Student discussion of how to manage your team e.g. team captain, Defenders attackers, captains of sub teams. Playing to teams strengths and individual needs.</p>	<p>most success, discuss what a successful balance looks like.</p> <p>They begin to put a small routine together</p>
Lesson 2	<p>Futsal Assessment Lesson</p> <p>Full sided Games</p> <p>Students play role of coaches and feedback to staff areas for development and areas of strength.</p>	<p>Badminton Assessment lesson:</p> <p>Looking at each other's performance and discussing areas that need working on based on previous lessons.</p>	<p>Applying tactics to win tournament.</p> <p>Play as many different versions looking at how teams strategize independently.</p>	<p>Focus upon completing their routine and performing it with quality.</p>
Week 24	Badminton	Futsal	Gymnastics	Dodgeball
Lesson 1	<ul style="list-style-type: none"> <li>• Recall how to set up a badminton court.</li> <li>• To be able to keep a rally using the correct serve, net shot and overhead clear.</li> <li>• Apply tactics during the serve and rally to move an opponent around the court.</li> </ul>	<p><u>How To Run The Futsal Session:</u></p> <p>3 v 3 game, winner stays on. 1 goal to win. If the game is tied after 2 minutes the team on for the longest time comes off.</p> <p>Focus:</p> <ul style="list-style-type: none"> <li>• Teamwork and communication</li> <li>• Quick regrouping and organization</li> <li>• Passing accuracy</li> <li>• Movement and support</li> <li>• Ball control, game awareness</li> </ul>	<p>Explore the idea of Body Tension and working as pairs:</p> <p>Back to back challenge to push up and hold on the way down (counter balance)</p> <p>Pulling apart and seeing how low you can go and pull up from seated (counter tension)</p> <p>Move into the stand on knee balance from seated to standing as a three/four group balance</p>	<p>Use different throwing techniques and apply tactics to a zone ball game.</p> <p>Where is the best place to throw from. Which throw is your most powerful and that this may differ from other students.</p>
week 25	Badminton	Futsal		
Lesson 1	Badminton	<u>How To Run The Futsal Session:</u>	Gymnastics	<p>Dodgeball</p> <p>Decision making in Dodgeball:</p>



	<p>To be able to perform the forehand &amp; backhand serve aiming for different areas of the court, demonstrating consistency and an element of disguise in both isolation and in competitive games.</p>	<p>Pass from one target player to the other by making passes amongst your team mates. All players must be in the half of the receiving target player before the pass can be made.</p> <p>Focus:</p> <ul style="list-style-type: none"> <li>• Support angles</li> <li>• Passing and receiving</li> <li>• Moving as a unit</li> <li>• Being a passing option to your team mate</li> </ul>	<p>Introduce the stand on back balance &amp; Flying angel</p> <p>Talk about relationships with partner and safe good communication.</p> <p>Encourage them to try different combinations</p> <p>Create a small routine using the balances and counter balances looked at</p>	<p>To come back in or to stay and get people out from the zone area.</p> <p>Discuss the different ideas around when is it best to come back in.</p> <p>Stop the game at different moments and ask students what the best tactic would be.</p>
Lesson 2	<p>Badminton</p> <ul style="list-style-type: none"> <li>• To be able to perform the overhead clear and smash shot.</li> </ul> <p>Demonstrate control of the rally but choosing correct shot choice.</p>	<p><u>How To Run The Futsal Session:</u></p> <p>Play starts with a ball in from the outside to the furthest player back in the center, that player passes out to the opposite side. The player who passed the ball in initially makes a run in centrally towards the attackers space. The attacker moves out wide to balance the field and draw a marking player out of position to give the player running centrally some space to move into.</p> <p>Focus:</p> <ul style="list-style-type: none"> <li>• Passing accuracy</li> <li>• Movement off movement- adjust your position to benefit your team</li> <li>• Exploiting space when available</li> </ul> <p>Taking opportunities quickly</p>	<p>Gymnastics</p> <p>Give the students the gym cards to explore and try out new balances.</p> <p>Remind students of safety and moving in and out of balances with tension</p>	<p>Apply tactics to a 4 corner game with additional challenges.</p> <p>Introduce the 4 team dodgeball: Include as the game goes on The medic, the star player.</p> <p>Question students on how best to play the game to win and stay in the longest.</p>
week 26			Gymnastics	Dodgeball
Lesson 1	<p>Badminton</p> <ul style="list-style-type: none"> <li>• Demonstrate the serve, net shot, smash and</li> </ul>	<p><u>How To Run The Futsal Session:</u></p> <p>Two teams of 4 players stand in overlapping squares. Pass one ball</p>	<p>Students begin to choose the balances they think they can perform with the most success, discuss what a successful balance looks like.</p>	<p>Leadership roles in Dodgeball.</p>

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consistently in a game.  
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