

8 South	Male learning Intentions set 1	Male learning Intentions set 2	Female learning Intentions set 1	Female learning Intentions set 2
Week 15	Handball	Badminton	Gymnastics	Gymnastics
Lesson 1	To develop and replicate fundamental handball handling skills. To be able to perform these in a small sided game to maintain ball possession & outwit opponents. To confidently describe the rules of handball.	Badminton - Recall how to set up a badminton court. - To demonstrate the basic grip and handle skill. - To be able to keep a rally using the correct serve, net shot and overhead clear.	Recap: Body Tension, Counter Balance and Counter Tension - Reminder of the 3 's' - Working to create a small routine.	Recap: Body Tension, Counter Balance and Counter Tension - Reminder of the 3 's' - Working to create a small routine.
Lesson 2	To understand and accurately replicate different formations. To create and develop varying strategic ways of getting passed defenders. To understand the rules of handball. To perform skills in a small sided game with pressure from opposition.	Badminton - To take on the role of umpire and demonstrate knowledge of basic singles and doubles rules and the badminton scoring system. - Ladders tournament	Basic Acrogymnastics. - Pair balances - Safety principles using the correct grip & moving in and out of balance. - Stand on Knee, Flying Angel.	Basic Acrogymnastics. - Pair balances - Safety principles using the correct grip & moving in and out of balance. - Stand on Knee, Flying Angel.
Week 16	Handball	Badminton	Gymnastics	Gymnastics
Lesson 1	To develop an understanding and knowledge of blocking technique. To replicate the correct technique on advancing opposition. To understand the rules regarding defending within the game.	Badminton To explain the teaching points for the backhand serve in badminton.	Larger group balances. Can build upon basic balances to include other students.	Larger group balances. Can build upon basic balances to include other students.

		To be able to perform the backhand serve aiming for different areas of the court, in both isolation and in competitive games.	Recall the basic balances from yr7 to add to the acro balances.	Recall the basic balances from yr7 to add to the acro balances.
Lesson 2	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.	Badminton - To explain the teaching points for the forehand serve in badminton. - To be able to perform the forehand serve aiming for different areas of the court, in both isolation and in competitive games.	How to successfully try out a new balance. Explore different more complicated balances. Being able to look at a resource to figure out how to approach a new balance.	How to successfully try out a new balance. Explore different more complicated balances. Being able to look at a resource to figure out how to approach a new balance.
Lesson 3	To develop an understanding of how defend in handball. To develop the decision making process in a game situation. To begin to recognize and identify strengths and weaknesses when playing small sided games	Badminton - To demonstrate the teaching points for the overhead clear. - To be able to perform the overhead clear, gaining distance and sending the shuttle to the back of the court in isolation and a game.	Create routine. Begin to work with their groups to establish which balances are their strengths. Focus and understanding of the importance of a starting position. Moving into and out of a balance	Create routine. Begin to work with their groups to establish which balances are their strengths. Focus and understanding of the importance of a starting position. Moving into and out of a balance
Week 17	Handball	Badminton	Gymnastics	Gymnastics
Lesson 1	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.	Badminton To demonstrate the teaching points for the net shot/net play.	Self-Assessment on routine Be able to identify the areas of strength of own routine using key	Self-Assessment on routine Be able to identify the areas of strength of own routine using key

	To accurately replicate actions and tactical sequences. To show their knowledge and understanding of the rules in handball.	To be able to perform the net shot in practice and in a game displaying control and accuracy consistently.	concepts such as 3 's', tension	concepts such as 3 's', tension
Lesson 2	To confidently describe the laws of handball and officiate parts of a game.	Badminton - Assessment Lesson - Demonstrate the serve, net shot and overhead clear consistently in a game. Apply tactics to move your opponent.	Performance Being able to perform in front of others under pressure.	Performance Being able to perform in front of others under pressure.
Week 18	Badminton	Handball	Dance	Dance
Lesson 1	Badminton - Recall how to set up a badminton court. - To demonstrate the basic grip and handle skill. - To be able to keep a rally using the correct serve, net shot and overhead clear.	To develop and replicate fundamental handball handling skills. To be able to perform these in a small sided game to maintain ball possession & outwit opponents. To confidently describe the rules of handball.	How to count in beats of 8 Dance & Intro to Cheerleading. Students stood in spaces and jumping on the spot to counts of 8. Development = turning to the right, face the back, turn to the left, face the front. With teacher counting out aloud and then by themselves. Teacher lead & students copy repetitive until can perform without demo as a prompt introduction of arm movements specific to cheerleading: diagonal, high V, low V, daggers, broken T, L shape.	How to count in beats of 8 Dance & Intro to Cheerleading. Students stood in spaces and jumping on the spot to counts of 8. Development = turning to the right, face the back, turn to the left, face the front. With teacher counting out aloud and then by themselves. Teacher lead & students copy repetitive until can perform without demo as a prompt introduction of arm movements specific to cheerleading: diagonal, high V, low V, daggers, broken T, L shape.
Lesson 2	Badminton	To understand and accurately replicate different formations.	How to develop the basic cheer.	How to develop the basic cheer.

	- To take on the role of umpire and demonstrate knowledge of basic singles and doubles rules and the badminton scoring system. - Ladders tournament	To create and develop varying strategic ways of getting passed defenders. To understand the rules of handball. To perform skills in a small sided game with pressure from opposition.	Warm Up: same as last week but introduce the countdown of jumping in 8s then 4s then 2s then 1s. keep going until they can do it without teach prompt. Recap their basic performance. Q&A on how to make it more exciting to watch. Focus Upon movement = marching, forwards, backwards, diagonals. Students develop their cheer performance. Aim to add x2 more 8 beats.	Warm Up: same as last week but introduce the countdown of jumping in 8s then 4s then 2s then 1s. keep going until they can do it without teach prompt. Recap their basic performance. Q&A on how to make it more exciting to watch. Focus Upon movement = marching, forwards, backwards, diagonals. Students develop their cheer performance. Aim to add x2 more 8 beats.
Lesson 3	Badminton - To explain the teaching points for the backhand serve in badminton. - To be able to perform the backhand serve aiming for different areas of the court, in both isolation and in competitive games.	To develop an understanding and knowledge of blocking technique. To replicate the correct technique on advancing opposition. To understand the rules regarding defending within the game.	How to make their Cheer more aesthetically pleasing. Discussion what does the term aesthetically pleasing mean? Strong, clear movements, variety of direction, adding levels, being in time. Development of a cheer dance. Students to add to their performance thinking about the quality of their cheer dance Think about adding levels e.g. leap frog, tuck jump, kicks, star jumps.	How to make their Cheer more aesthetically pleasing. Discussion what does the term aesthetically pleasing mean? Strong, clear movements, variety of direction, adding levels, being in time. Development of a cheer dance. Students to add to their performance thinking about the quality of their cheer dance Think about adding levels e.g. leap frog, tuck jump, kicks, star jumps.
Week 19		Handball		
Lesson 1	Badminton To explain the teaching points for the forehand serve in badminton.	To develop knowledge and understanding of strategic play used to outwit opponents.	Cheering in your cheer dance. Discussion of cheers: being clear, loud, types of messages. Students add a cheer to their cheer dance.	Cheering in your cheer dance. Discussion of cheers: being clear, loud, types of messages.

	To be able to perform the forehand serve aiming for different areas of the court, in both isolation and in competitive games.	To be able to change and refine tactics based on the analysis of certain plays and opposition.		Students add a cheer to their cheer dance.
Lesson 2	Badminton - To demonstrate the teaching points for the overhead clear. - To be able to perform the overhead clear, gaining distance and sending the shuttle to the back of the court in isolation and a game.	To develop an understanding of how defend in handball. To develop the decision making process in a game situation. To begin to recognize and identify strengths and weaknesses when playing small sided games	Peer Assessment: Students to move around other groups and watch performances, give feedback on based upon the success criteria. Students then work on own performances to improve upon feedback. Students peer watch again to note progress.	Peer Assessment: Students to move around other groups and watch performances, give feedback on based upon the success criteria. Students then work on own performances to improve upon feedback. Students peer watch again to note progress.
Week 20		Handball		
Lesson 1	Badminton - To demonstrate the teaching points for the net shot/net play. - To be able to perform the net shot in practice and in a game displaying control and accuracy consistently.	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To accurately replicate actions and tactical sequences. To show their knowledge and understanding of the rules in handball.	Self Assessment: Using the tablets to video own dance. Make adjustments. Thinking about how they can challenge themselves to make their routine original.	Self Assessment: Using the tablets to video own dance. Make adjustments. Thinking about how they can challenge themselves to make their routine original.
Lesson 2	Badminton - Assessment Lesson - Demonstrate the serve, net shot and overhead clear consistently in a game.	To confidently describe the laws of handball and officiate parts of a game.	Self Assessment: Continued	Self Assessment: Continued

	Apply tactics to move your opponent.			
Lesson 3	Badminton - Assessment Lesson officiating. - Know and apply the basic rules and scoring in Badminton including change of serve.	Assessment Lesson Playing games students thinking about areas of strength and development within their team performance.	Performance lesson. Rehearse and prepare for the routine. Perform and Watch others in the group.	Performance lesson. Rehearse and prepare for the routine. Perform and Watch others in the group.
Week 21	Gymnastics	Fitness	Handball Sport Education	Handball Sport Education
Lesson 1	Recap: Body Tension, Counter Balance and Counter Tension - Reminder of the 3 's' - Working to create a small routine.	Self-Assessment on routine - Be able to identify the areas of strength of own routine using key concepts such as 3 's', tension Performance - Being able to perform in front of others under pressure.	To develop and replicate fundamental handball handling skills. To be able to perform these in a small sided game to maintain ball possession & outwit opponents. To confidently describe the rules of handball.	To develop and replicate fundamental handball handling skills. To be able to perform these in a small sided game to maintain ball possession & outwit opponents. To confidently describe the rules of handball.
Lesson 2	Basic Acrogymnastics. - Pair balances - Safety principles using the correct grip & moving in and out of balance. - Stand on Knee, Flying Angel.	Perform fitness tests for cardiovascular endurance and interpret the result against normative data. Student led warm up (pulse raiser and stretches) Cooper run In pairs – one counting and one running X laps by 100 to give total distance Record result and compare against normative data	To understand and accurately replicate different formations. To create and develop varying strategic ways of getting passed defenders. To understand the rules of handball. To perform skills in a small sided game with pressure from opposition.	To understand and accurately replicate different formations. To create and develop varying strategic ways of getting passed defenders. To understand the rules of handball. To perform skills in a small sided game with pressure from opposition.

		Understand the purpose of the test and what it means for the individual		
Week 22	Gymnastics	fitness	Handball	Handball
Lesson 1	Larger group balances. • Can build upon basic balances to include other students. • Recall the basic balances from yr7 to add to the acro balances.	Understand the terms sets and repetitions and how progression should be used in circuit training. Warm up: recap the exercises use MA students to demonstrate Progression circuit •8-10 stations •On the first go around the circuit students complete 1 repetition on each station •On the second go around the circuit students complete 2 repetitions on each station •.... Until they reach 10 repetitions •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)	To develop an understanding and knowledge of blocking technique. To replicate the correct technique on advancing opposition. To understand the rules regarding defending within the game.	To develop an understanding and knowledge of blocking technique. To replicate the correct technique on advancing opposition. To understand the rules regarding defending within the game.
Lesson 2	How to successfully try out a new balance. Explore different more complicated balances. Being able to look at a resource to figure out how to approach a new balance.	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. Circuit 8-10 stations Students work in pairs and decide on a time for each station based on	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 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.

		their fitness test scores and previous weeks' circuit. After 10 minutes ask students to take heart rate. Discuss the different heart rates and link to training zones. Continue with circuit		
Lesson 3	Create routine. Begin to work with their groups to establish which balances are their strengths. Focus and understanding of the importance of a starting position. Moving into and out of a balance	Create your own circuit based on your training goals (specific). Circuit own design specific to you and your goals Design own circuit in pairs considering using both aerobic and anaerobic exercises from year 7. Each group of students to be 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) OR heart rate – which station was easiest how could it be changed for next week	To develop an understanding of how defend in handball. To develop the decision making process in a game situation. To begin to recognize and identify strengths and weaknesses when playing small sided games	To develop an understanding of how defend in handball. To develop the decision making process in a game situation. To begin to recognize and identify strengths and weaknesses when playing small sided games
week 23	Gymnastics	Fitness	Handball	Handball
Lesson 1	Self-Assessment on routine Be able to identify the areas of strength of own routine using key concepts such as 3 's', tension	Know and perform the 2 other types of training methods that could be used to improve aerobic endurance. Warm up – interval training 5/10 minutes Introduction to fartlek training – run, walk, jog Teachers discretion depending on ability level of the group	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To accurately replicate actions and tactical sequences. To show their knowledge and understanding of the rules in handball.	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To accurately replicate actions and tactical sequences. To show their knowledge and understanding of the rules in handball.

Lesson 2	Performance Being able to perform in front of others under pressure.	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. Show improved understanding of the principles of training, training methods and concepts and health and fitness strategies.	To confidently describe the laws of handball and officiate parts of a game.	To confidently describe the laws of handball and officiate parts of a game.
Week 24	Fitness	Gymnastics	Badminton	Badminton
Lesson 1	Recall the terms sets and repetitions and how progression should be used in circuit training. 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)	Recap: Body Tension, Counter Balance and Counter Tension - Reminder of the 3 's' - Working to create a small routine.	Badminton - Recall how to set up a badminton court. - To demonstrate the basic grip and handle skill. - To be able to keep a rally using the correct serve, net shot and overhead clear.	Badminton - Recall how to set up a badminton court. - To demonstrate the basic grip and handle skill. - To be able to keep a rally using the correct serve, net shot and overhead clear.
Lesson 2	Perform fitness tests for cardiovascular endurance and interpret the result against normative data. Student led warm up (pulse raiser and stretches) Cooper run In pairs – one counting and one running	Basic AcroGymnastics. - Pair balances - Safety principles using the correct grip & moving in and out of balance. - Stand on Knee, Flying Angel.	Badminton - To take on the role of umpire and demonstrate knowledge of basic singles and doubles rules and the badminton scoring system. - Ladders tournament	Badminton - To take on the role of umpire and demonstrate knowledge of basic singles and doubles rules and the badminton scoring system. - Ladders tournament

	X laps by 100 to give total distance Record result and compare against normative data Understand the purpose of the test and what it means for the individual			
Lesson 3	Understand the terms sets and repetitions and how progression should be used in circuit training. Warm up: recap the exercises use MA students to demonstrate Progression circuit •8-10 stations •On the first go around the circuit students complete 1 repetition on each station •On the second go around the circuit students complete 2 repetitions on each station •.... Until they reach 10 repetitions •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)	Larger group balances. • Can build upon basic balances to include other students. • Recall the basic balances from yr7 to add to the acro balances.	Badminton • To explain the teaching points for the backhand serve in badminton. • To be able to perform the backhand serve aiming for different areas of the court, in both isolation and in competitive games.	Badminton • To explain the teaching points for the backhand serve in badminton. • To be able to perform the backhand serve aiming for different areas of the court, in both isolation and in competitive games.
week 25	Fitness	Gymnastics	Badminton	Badminton
Lesson 1	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	How to successfully try out a new balance. Explore different more complicated balances. Being able to look at a resource to figure out how to approach a new balance.	Badminton • To explain the teaching points for the forehand serve in badminton. • To be able to perform the forehand serve aiming for different areas	Badminton • To explain the teaching points for the forehand serve in badminton. • To be able to perform the forehand serve aiming for different

	training zone for aerobic endurance. Circuit 8-10 stations Students work in pairs and decide on a time for each station based on their fitness test scores and previous weeks' circuit. After 10 minutes ask students to take heart rate. Discuss the different heart rates and link to training zones. Continue with circuit		of the court, in both isolation and in competitive games.	areas of the court, in both isolation and in competitive games.
Lesson 2	Create your own circuit based on your training goals (specific). Circuit own design specific to you and your goals Design own circuit in pairs considering using both aerobic and anaerobic exercises from year 7. Each group of students to be 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) OR heart rate – which station was easiest how could it be changed for next week	Create routine. Begin to work with their groups to establish which balances are their strengths. Focus and understanding of the importance of a starting position. Moving into and out of a balance	Badminton - To demonstrate the teaching points for the overhead clear. - To be able to perform the overhead clear, gaining distance and sending the shuttle to the back of the court in isolation and a game.	Badminton - To demonstrate the teaching points for the overhead clear. - To be able to perform the overhead clear, gaining distance and sending the shuttle to the back of the court in isolation and a game.
week 26	Fitness	Gymnastics	Badminton	Badminton
Lesson 1	Acting on feedback from the previous week progress your circuit. Progression of your own circuit	Self-Assessment on routine Be able to identify the areas of strength of own routine using key	Badminton To demonstrate the teaching points for the net shot/net play.	Badminton To demonstrate the teaching points for the net shot/net play.

	• In the same groups from the previous week • Make any changes to the circuit to make a station harder • Must have 6 different stations and each station will last 1min 20 • Evaluate and compare to previous week again using scale (1-10) or HR	concepts such as 3 's', tension	• To be able to perform the net shot in practice and in a game displaying control and accuracy consistently.	• To be able to perform the net shot in practice and in a game displaying control and accuracy consistently.
Lesson 2	Continue with the improved circuit. Discuss how the circuit is impacting on your body and fitness.	• Practice Session Trying to improve upon their performance from peer feedback to get themselves performance ready.	Badminton • Assessment Lesson • Demonstrate the serve, net shot and overhead clear consistently in a game. • Apply tactics to move your opponent.	Badminton • Assessment Lesson • Demonstrate the serve, net shot and overhead clear consistently in a game. • Apply tactics to move your opponent.
Lesson 3	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. Show improved understanding of the principles of training, training methods and concepts and health and fitness strategies.	Performance lesson • Being able to perform in front of others under pressure.	Badminton • Assessment Lesson officiating. • Know and apply the basic rules and scoring in Badminton including change of serve.	Badminton • Assessment Lesson officiating. • Know and apply the basic rules and scoring in Badminton including change of serve.