

7 North	Male learning Intentions set 1	Male learning Intentions set 2	Female learning Intentions set 1	Female learning Intentions set 2
Week 15				
Lesson 1				
Lesson 2	<p>Badminton</p> <ul style="list-style-type: none"> To know how to set up a badminton court. To know about the different resources required for a badminton game. To know and understand the basic grip and handle skill. To be able to keep a rally. 	<p>Badminton</p> <ul style="list-style-type: none"> To know how to set up a badminton court. To know about the different resources required for a badminton game. To know and understand the basic grip and handle skill. To be able to keep a rally. 	<p>Gymnastics</p> <p>Points and Patches balances:</p> <ul style="list-style-type: none"> What are the differences between both type of balances? Work with their peers to create more complicated balances 	<p>Gymnastics</p> <p>Points and Patches balances:</p> <ul style="list-style-type: none"> What are the differences between both type of balances? Work with their peers to create more complicated balances
Lesson 3	<p>Badminton</p> <ul style="list-style-type: none"> To introduce and understand the ready position in badminton. To know the court dimensions for both singles games and doubles games. To know and understand the basic singles and doubles rules. To know and understand the badminton scoring system. 	<p>Badminton</p> <ul style="list-style-type: none"> To introduce and understand the ready position in badminton. To know the court dimensions for both singles games and doubles games. To know and understand the basic singles and doubles rules. To know and understand the badminton scoring system. 	<p>Gymnastics</p> <p>What makes a good balance?</p> <ul style="list-style-type: none"> Basic body tension, using the 3 's'= strong, straight & still. Be able to look at another students' performance & identify the 3 's'. 	<p>Gymnastics</p> <p>What makes a good balance?</p> <ul style="list-style-type: none"> Basic body tension, using the 3 's'= strong, straight & still. Be able to look at another students' performance & identify the 3 's'.

Week 16				
Lesson 1	<p>Badminton</p> <ul style="list-style-type: none"> To know the teaching points for the backhand serve in badminton. To be able to perform the backhand serve in isolation. To be able to perform the backhand serve in a conditioned practice. To be able to perform the backhand serve in a competitive game. 	<p>Badminton</p> <ul style="list-style-type: none"> To know the teaching points for the backhand serve in badminton. To be able to perform the backhand serve in isolation. To be able to perform the backhand serve in a conditioned practice. To be able to perform the backhand serve in a competitive game. 	<p>Gymnastics</p> <p>Counter balance and counter tension.</p> <ul style="list-style-type: none"> Understand the difference between them both. Safety of performing: grips etc Identify the type of balance when they see it performed. 	<p>Gymnastics</p> <p>Counter balance and counter tension.</p> <ul style="list-style-type: none"> Understand the difference between them both. Safety of performing: grips etc Identify the type of balance when they see it performed.
Lesson 2	<p>Badminton</p> <ul style="list-style-type: none"> To know the teaching points for the forehand serve in badminton. To be able to perform the forehand serve in isolation. To be able to perform the forehand serve in a conditioned practice. To be able to perform the forehand serve in a competitive game. 	<p>Badminton</p> <ul style="list-style-type: none"> To know the teaching points for the forehand serve in badminton. To be able to perform the forehand serve in isolation. To be able to perform the forehand serve in a conditioned practice. To be able to perform the forehand serve in a competitive game. 	<p>Gymnastics</p> <p>Routines: what makes a good routine?</p> <ul style="list-style-type: none"> Demonstrate the 3 's' Key word aesthetically pleasing= smooth transition. Know different ways of transitioning: low to high, jumps, pivot, roll etc 	<p>Gymnastics</p> <p>Routines: what makes a good routine?</p> <ul style="list-style-type: none"> Demonstrate the 3 's' Key word aesthetically pleasing= smooth transition. Know different ways of transitioning: low to high, jumps, pivot, roll etc

Week 17				
Lesson 1	<p>Badminton</p> <ul style="list-style-type: none"> To know the teaching points for the overhead clear. To be able to perform the overhead clear. To be able to perform the overhead clear in isolation. To be able to perform the overhead clear in a conditioned practice. To be able to perform the overhead clear in a competitive game. 	<p>Badminton</p> <ul style="list-style-type: none"> To know the teaching points for the overhead clear. To be able to perform the overhead clear. To be able to perform the overhead clear in isolation. To be able to perform the overhead clear in a conditioned practice. To be able to perform the overhead clear in a competitive game. 	<p>Gymnastics</p> <p>Development of performance</p> <ul style="list-style-type: none"> Peer assessment/self assessment: using tablets or watching own group or visiting others. Looking at the more challenging cards for ideas. 	<p>Gymnastics</p> <p>Development of performance</p> <ul style="list-style-type: none"> Peer assessment/self assessment: using tablets or watching own group or visiting others. Looking at the more challenging cards for ideas.
Lesson 2	<p>Badminton</p> <ul style="list-style-type: none"> To know the teaching points for the net shot/net play. To be able to perform the net shot/net play. To be able to perform the net shot/net play in isolation. To be able to perform the net shot/net play in a conditioned practice. To be able to perform the net shot/net play in a competitive game. 	<p>Badminton</p> <ul style="list-style-type: none"> To know the teaching points for the net shot/net play. To be able to perform the net shot/net play. To be able to perform the net shot/net play in isolation. To be able to perform the net shot/net play in a conditioned practice. To be able to perform the net shot/net play in a competitive game. 	<p>Gymnastics</p> <p>Self-Assessment lesson:</p> <ul style="list-style-type: none"> Reviewing themselves against the criteria. Giving others feedback. 	<p>Gymnastics</p> <p>Self-Assessment lesson:</p> <ul style="list-style-type: none"> Reviewing themselves against the criteria. Giving others feedback.

Lesson 3	<p>Badminton</p> <ul style="list-style-type: none"> • Assessment Lesson • Know and apply the basic rules of Badminton • Demonstrate how to score correctly in singles. 	<p>Badminton</p> <ul style="list-style-type: none"> • Assessment Lesson • Know and apply the basic rules of Badminton • Demonstrate how to score correctly in singles. 	<p>Gymnastics Performance lesson</p> <ul style="list-style-type: none"> • Being able to their routine in front of others. 	<p>Gymnastics Performance lesson</p> <ul style="list-style-type: none"> • Being able to their routine in front of others.
Week 18	Basketball	Basketball		
Lesson 1	<p>To be able to perform the fundamental basketball skill of ball handling. To be able to perform these in a small sided game to maintain possession. 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. To be able to perform these in a small sided game to maintain possession. To develop their understanding and knowledge of the basic rules of Basketball.</p>	<p>Dance The Haka Intro to the Hakka. To understand the origin of 'The Hakka' and to learn to the words of the dance.</p>	<p>Dance The Haka Intro to the Hakka. To understand the origin of 'The Hakka' and to learn to the words of the dance.</p>
Lesson 2	<p>To introduce & understand where passing is used in basketball. To be able to outwit opponents with passes and angled runs. To begin to understand the need of tactical movements to invade opponent's basket.</p>	<p>To introduce & understand where passing is used in basketball. To be able to outwit opponents with passes and angled runs. To begin to understand the need of tactical movements to invade opponent's basket.</p>	<p>Dance Replicate the Haka To be able to perform all of the actions of the original Hakka with strong, bold, intimidating actions. Haka 'face off' to encourage the emotions of the dance.</p>	<p>Dance Replicate the Haka To be able to perform all of the actions of the original Hakka with strong, bold, intimidating actions. Haka 'face off' to encourage the emotions of the dance.</p>
Week 19				

Lesson 1	<p>To be able to perform the basic dribbling technique with control and accuracy.</p> <p>To be able to outwit opponents with the use of these skills.</p> <p>To be able to perform skills in a small sided game making decisions about how best to advance on opposition.</p> <p>To develop an understanding of the rule of travelling in Basketball.</p>	<p>To be able to perform the basic dribbling technique with control and accuracy.</p> <p>To be able to outwit opponents with the use of these skills.</p> <p>To be able to perform skills in a small sided game making decisions about how best to advance on opposition.</p> <p>To develop an understanding of the rule of travelling in Basketball.</p>	<p>Dance Devise the choreography for the new team Hakka. Create a concept/topic their dance will cover. Focus upon the starting position. Create a leader to count everyone in, practice their first section.</p>	<p>Dance Devise the choreography for the new team Hakka. Create a concept/topic their dance will cover. Focus upon the starting position. Create a leader to count everyone in, practice their first section.</p>
Lesson 2	<p>To understand and know the benefits of the different types of shot.</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 an understanding of the importance of width and playing into space in order to attack.</p>	<p>To understand and know the benefits of the different types of shot.</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 an understanding of the importance of width and playing into space in order to attack.</p>	<p>Dance To complete peer assessments Students will move around the group and perform what they have created so far to another group. Criteria: Loud voices, Clear & strong gestures and timing.</p>	<p>Dance To complete peer assessments Students will move around the group and perform what they have created so far to another group. Criteria: Loud voices, Clear & strong gestures and timing.</p>
Lesson 3	<p>To perform a basic layup technique appreciating the outcome necessary.</p> <p>To develop their understanding and knowledge of how to outwit an opponent</p>	<p>To perform a basic layup technique appreciating the outcome necessary.</p> <p>To develop their understanding and knowledge of how to outwit</p>	<p>Dance Develop compositional ideas Looking at adding levels, direction, thinking about creating own arm movements.</p>	<p>Dance Develop compositional ideas Looking at adding levels, direction, thinking about creating own arm movements.</p>

	<p>using appropriate shot selection.</p> <p>To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.</p>	<p>an opponent using appropriate shot selection.</p> <p>To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.</p>		
Week 20				
Lesson 1	<p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.</p> <p>Pupils are to develop their knowledge and understanding of the rules in basketball.</p>	<p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.</p> <p>Pupils are to develop their knowledge and understanding of the rules in basketball.</p>	<p>Dance</p> <p>Self Assessment:</p> <p>Using the tablets to video own dance.</p> <p>Make adjustments.</p> <p>Thinking about how they can challenge themselves to make their routine original.</p>	<p>Dance</p> <p>Self Assessment:</p> <p>Using the tablets to video own dance.</p> <p>Make adjustments.</p> <p>Thinking about how they can challenge themselves to make their routine original.</p>
Lesson 2	<p>Further development – Inter form basketball comp.</p> <p>2v2 ½ court trying to outwit opponents using skills.</p> <p>Small Sided Game-3v3 games full court.</p> <p>Contact when shooting = free throw.</p>	<p>Further development – Inter form basketball comp.</p> <p>2v2 ½ court trying to outwit opponents using skills.</p> <p>Small Sided Game-3v3 games full court.</p> <p>Contact when shooting = free throw.</p>	<p>Dance</p> <p>Final Performances</p> <p>Students will rehearse own dance thinking about where the audience will be sat and then perform.</p>	<p>Dance</p> <p>Final Performances</p> <p>Students will rehearse own dance thinking about where the audience will be sat and then perform.</p>
Week 21	Gymnastics	Fitness	Handball	Handball
Lesson 1	<p>Gymnastics</p> <p>Points and Patches balances:</p> <ul style="list-style-type: none"> What are the differences between both type of balances? 	<p>Fitness</p> <p>Know a range of fitness tests.</p> <p>Aerobic warm up and stretches (locating major muscles and counting stretches)</p>	<p>Handball</p> <p>To be able to perform fundamental handball handling skills.</p>	<p>Handball</p> <p>To be able to perform fundamental handball handling skills.</p> <p>To be able to perform these in a small sided game to maintain possession.</p>

	<ul style="list-style-type: none"> Work with their peers to create more complicated balances 	<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 perform these in a small sided game to maintain possession.</p> <p>To develop their understanding and knowledge of the basic rules of Handball.</p>	<p>To develop their understanding and knowledge of the basic rules of Handball.</p>
Lesson 2	<p>Gymnastics</p> <p>What makes a good balance?</p> <ul style="list-style-type: none"> Basic body tension, using the 3 's'= strong, straight & still. Be able to look at another students' performance & identify the 3 's'. 	<p>Learn the technique for a range of different exercises.</p> <p>Teacher led circuit</p> <p>In small groups direct students to a station. At the station read the card and try to perform the correct technique. Teacher monitor.</p> <p>Group then delivers station to the rest of the class using demonstrations and explanation of technique.</p> <p>Complete circuit in pairs and peer coach each others technique.</p> <p>Number 1 work and number 2 rest/coach</p>	<p>Handball</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>Handball</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>
Lesson 3	<p>Gymnastics</p> <p>Counter balance and counter tension.</p>	<p>Complete a teacher led circuit to improve your aerobic endurance.</p> <p>Circuit 1 min on each station</p>	<p>Handball</p> <p>To be able to outwit opponents using learnt skills and techniques.</p>	<p>Handball</p> <p>To be able to outwit opponents using learnt skills and techniques.</p>

	<ul style="list-style-type: none"> Understand the difference between them both. Safety of performing: grips etc Identify the type of balance when they see it performed. 	Use aerobic circuit stations such as stars jumps, burpees, shuttle runs etc (cards in PE office)	To understand the importance of width in order to attack. To demonstrate an understanding of the basic rules. To develop their understanding of strategic and tactical play in handball to beat and outwit an opponent.	To understand the importance of width in order to attack. To demonstrate an understanding of the basic rules. To develop their understanding of strategic and tactical play in handball to beat and outwit an opponent.
Week 22				
Lesson 1	<p>Gymnastics</p> <p>Routines: what makes a good routine?</p> <ul style="list-style-type: none"> Demonstrate the 3 's' Key word aesthetically pleasing= smooth transition. Know different ways of transitioning: low to high, jumps, pivot, roll etc 	<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>Handball</p> <p>Defending technique</p> <p>To develop their understanding and knowledge of how to defend.</p> <p>To perform and accurately replicate the correct techniques for front and side blocking.</p> <p>To understand the rules regarding defending within the game.</p>	<p>Handball</p> <p>Defending technique</p> <p>To develop their understanding and knowledge of how to defend.</p> <p>To perform and accurately replicate the correct techniques for front and side blocking.</p> <p>To understand the rules regarding defending within the game.</p>
Lesson 2	<p>Gymnastics</p> <p>Development of performance</p> <ul style="list-style-type: none"> Peer assessment/self assessment: using tablets or watching own group or visiting others. Looking at the more challenging cards for ideas. 	<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</p>	<p>Handball</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>Handball</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>

		easiest how could it be changed for next week		
week 23				
Lesson 1	<p>Gymnastics</p> <p>Self-Assessment lesson:</p> <ul style="list-style-type: none"> Reviewing themselves against the criteria. Giving others feedback. 	<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"> 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 Evaluate and compare to previous week again using scale (1-10) or HR 	<p>Handball</p> <p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.</p> <p>The pupils are to develop their knowledge and understanding of the rules in handball.</p>	<p>Handball</p> <p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.</p> <p>The pupils are to develop their knowledge and understanding of the rules in handball.</p>
Lesson 2	<ul style="list-style-type: none"> Gymnastics <p>Practice lesson & final prep for the routine.</p>	<p>Fitness</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>	<p>Handball</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>Handball</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>

Lesson 3	Gymnastics Performance lesson Being able to their routine in front of others.	Challenge circuit: Understand how competition can help with motivation.	Handball Game Play Practical Assessment Lesson	Handball Game Play Practical Assessment lesson.
Week 24	Fitness	Gymnastics	Badminton	Badminton
Lesson 1	Fitness Know a range of fitness tests. Aerobic warm up and stretches (locating major muscles and counting stretches) Fitness testing circuit – record results Abdominal curl (muscular endurance) Press up test (muscular endurance) Hand grip dynamometer (strength) Ruler drop (reaction time) Agility run (agility) Step up test (aerobic endurance)	Gymnastics Points and Patches balances: <ul style="list-style-type: none"> • What are the differences between both type of balances? • Work with their peers to create more complicated balances 	Badminton <ul style="list-style-type: none"> • To know how to set up a badminton court. • To know about the different resources required for a badminton game. • To know and understand the basic grip and handle skill. • To be able to keep a rally. 	Badminton <ul style="list-style-type: none"> • To know how to set up a badminton court. • To know about the different resources required for a badminton game. • To know and understand the basic grip and handle skill. • To be able to keep a rally.
Lesson 2	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.	Gymnastics What makes a good balance? <ul style="list-style-type: none"> • Basic body tension, using the 3 's'= strong, straight & still. • Be able to look at another students' performance & identify the 3 's'. 	Badminton <ul style="list-style-type: none"> • To introduce and understand the ready position in badminton. • To know the court dimensions for both singles games and doubles games. • To know and understand the basic singles and doubles rules. 	Badminton <ul style="list-style-type: none"> • To introduce and understand the ready position in badminton. • To know the court dimensions for both singles games and doubles games. • To know and understand the basic singles and doubles rules.

	Complete circuit in pairs and peer coach each others technique. Number 1 work and number 2 rest/coach		<ul style="list-style-type: none"> To know and understand the badminton scoring system. 	<ul style="list-style-type: none"> To know and understand the badminton scoring system.
week 25			Badminton	Badminton
Lesson 1	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)	Gymnastics Counter balance and counter tension. <ul style="list-style-type: none"> Understand the difference between them both. Safety of performing: grips etc Identify the type of balance when they see it performed. 	<ul style="list-style-type: none"> To know the teaching points for the backhand serve in badminton. To be able to perform the backhand serve in isolation. To be able to perform the backhand serve in a conditioned practice. To be able to perform the backhand serve in a competitive game. 	<ul style="list-style-type: none"> To know the teaching points for the backhand serve in badminton. To be able to perform the backhand serve in isolation. To be able to perform the backhand serve in a conditioned practice. To be able to perform the backhand serve in a competitive game.
Lesson 2	Complete a circuit and identify the difference between aerobic exercise and anaerobic exercises. Aerobic and anaerobic circuit Difference between stations – can students identify which is aerobic and which is anaerobic	Gymnastics Routines: what makes a good routine? <ul style="list-style-type: none"> Demonstrate the 3 ‘s’ Key word aesthetically pleasing= smooth transition. Know different ways of transitioning: low to high, jumps, pivot, roll etc 	Badminton <ul style="list-style-type: none"> To know the teaching points for the forehand serve in badminton. To be able to perform the forehand serve in isolation. To be able to perform the forehand serve in a conditioned practice. To be able to perform the forehand serve in a competitive game. 	Badminton <ul style="list-style-type: none"> To know the teaching points for the forehand serve in badminton. To be able to perform the forehand serve in isolation. To be able to perform the forehand serve in a conditioned practice. To be able to perform the forehand serve in a competitive game.

Lesson 3	<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>Gymnastics</p> <p>Development of performance</p> <ul style="list-style-type: none"> • Peer assessment/self assessment: using tablets or watching own group or visiting others. • Looking at the more challenging cards for ideas. 	<ul style="list-style-type: none"> • Badminton • To know the teaching points for the forehand serve in badminton. • To be able to perform the forehand serve in isolation. • To be able to perform the forehand serve in a conditioned practice. • To be able to perform the forehand serve in a competitive game. 	<ul style="list-style-type: none"> • Badminton • To know the teaching points for the forehand serve in badminton. • To be able to perform the forehand serve in isolation. • To be able to perform the forehand serve in a conditioned practice. • To be able to perform the forehand serve in a competitive game.
week 26				
Lesson 1	<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"> • 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 • Evaluate and compare to previous week again using scale (1-10) or HR 	<p>Gymnastics</p> <p>Self-Assessment lesson:</p> <ul style="list-style-type: none"> • Reviewing themselves against the criteria. <p>Giving others feedback</p>	<ul style="list-style-type: none"> • Badminton • To know the teaching points for the net shot/net play. • To be able to perform the net shot/net play. • To be able to perform the net shot/net play in isolation. • To be able to perform the net shot/net play in a conditioned practice. • To be able to perform the net shot/net play in a competitive game. 	<ul style="list-style-type: none"> • Badminton • To know the teaching points for the net shot/net play. • To be able to perform the net shot/net play. • To be able to perform the net shot/net play in isolation. • To be able to perform the net shot/net play in a conditioned practice. • To be able to perform the net shot/net play in a competitive game.

Lesson 2	<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>	<p>Gymnastics Performance lesson Being able to their routine in front of others.</p>	<p>Badminton</p> <ul style="list-style-type: none"> • Assessment Lesson • Know and apply the basic rules of Badminton <p>Demonstrate how to score correctly in singles.</p>	<p>Badminton</p> <ul style="list-style-type: none"> • Assessment Lesson • Know and apply the basic rules of Badminton <p>Demonstrate how to score correctly in singles.</p>
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