

9 North & South	Male learning Intentions set 1	Male learning Intentions set 2	Female learning Intentions set 1	Female learning Intentions set 2
Week 15	Handball	Handball	Gymnastics	Gymnastics
Lesson 1	To accurately replicate prior learnt types of passes. To be able to perform these in a game to retain ball possession & outwit opposition. To describe the difference in rules of Handball. To understand what the use of space means for attacking opportunities.	To accurately replicate prior learnt types of passes. To be able to perform these in a game to retain ball possession & outwit opposition. To describe the difference in rules of Handball. To understand what the use of space means for attacking opportunities.	Recap: Body Tension, Counter Balance and Counter Tension Reminder of the 3 's' Working to create a small routine. Recap the grips and basic acrogym supports	Recap: Body Tension, Counter Balance and Counter Tension Reminder of the 3 's' Working to create a small routine. Recap the grips and basic acrogym supports
Lesson 2	To develop knowledge and understanding of strategic play used to outwit opponents. To be able to develop and refine tactics based on the analysis of opposition. To understand the rules of Handball and begin to correctly officiate.	To develop knowledge and understanding of strategic play used to outwit opponents. To be able to develop and refine tactics based on the analysis of opposition. To understand the rules of Handball and begin to correctly officiate.	Recap the larger balances. Be able to produce larger group balances. Be able to adapt to different sized groups.	Recap the larger balances. Be able to produce larger group balances. Be able to adapt to different sized groups.
Week 16	Handball	Handball	Gymnastics	Gymnastics
Lesson 1	To develop an understanding and knowledge of how to perform fast breaks and the roles of support players. To replicate the correct shooting technique. To understand the safety aspects of Handball.	To develop an understanding and knowledge of how to perform fast breaks and the roles of support players. To replicate the correct shooting technique. To understand the safety aspects of Handball.	Intro to music and smooth linking movements Plan a starting position & first balance. Focus upon creating smooth transitions from one to the other.	Intro to music and smooth linking movements Plan a starting position & first balance. Focus upon creating smooth transitions from one to the other.
Lesson 2	To be able to perform a high arm pass with the correct technique.	To be able to perform a high arm pass with the correct technique. To understand how to counter attack and the necessary positions.	Draw upon dance composition knowledge. Counting the beat. Different phrases.	Draw upon dance composition knowledge. Counting the beat. Different phrases.

	<p>To understand how to counter attack and the necessary positions.</p> <p>To combine the use of passing to outwit opponents.</p> <p>To develop a confident understanding of the rules and laws of Handball.</p>	<p>To combine the use of passing to outwit opponents.</p> <p>To develop a confident understanding of the rules and laws of Handball.</p>		
Week 17	Handball	Handball	Gymnastics	Gymnastics
Lesson 1	<p>To develop the knowledge and understand of how to form a small break away attack.</p> <p>To understand and accurately describe the different positions.</p> <p>To develop knowledge of when a counter attack is used.</p>	<p>To develop the knowledge and understand of how to form a small break away attack.</p> <p>To understand and accurately describe the different positions.</p> <p>To develop knowledge of when a counter attack is used.</p>	<p>Creating extended piece of work.</p> <p>Focus upon team work and communication.</p>	<p>Creating extended piece of work.</p> <p>Focus upon team work and communication.</p>
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.</p> <p>To show their knowledge and understanding of the rules in Handball.</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.</p> <p>To show their knowledge and understanding of the rules in Handball.</p>	<p>Quality of performance</p> <p>Focus upon the 3 's'</p> <p>Looking at other work and focus upon final performance.</p>	<p>Quality of performance</p> <p>Focus upon the 3 's'</p> <p>Looking at other work and focus upon final performance.</p>
Week 18	Badminton	Badminton	Dance	Dance
Lesson 1	<p>Badminton</p> <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> </ul>	<p>Badminton</p> <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> </ul>	<p><b>Theme and learn motif</b></p> <p>For example thriller/apple bottom Jeans or a student choice song.</p> <p>Students learn short Motif/are given section of song to create their own motif.</p>	<p><b>Theme and learn motif</b></p> <p>For example thriller/apple bottom Jeans or a student choice song.</p> <p>Students learn short Motif/are given section of song to create their own motif.</p>

	<ul style="list-style-type: none"> <li>Apply tactics to move an opponent around the court.</li> </ul>	<ul style="list-style-type: none"> <li>Apply tactics to move an opponent around the court.</li> </ul>		
Lesson 2	<p>Badminton</p> <ul style="list-style-type: none"> <li>To be able to perform the backhand serve aiming for different areas of the court, demonstrating consistency and an element of disguise in both isolation and in competitive games.</li> </ul>	<p>Badminton</p> <ul style="list-style-type: none"> <li>To be able to perform the backhand serve aiming for different areas of the court, demonstrating consistency and an element of disguise in both isolation and in competitive games.</li> </ul>	<p><b>Canon and Unison</b> Students introduced to both concepts. Add this to their own dance.</p>	<p><b>Canon and Unison</b> Students introduced to both concepts. Add this to their own dance.</p>
Week 19			Dance	Dance
Lesson 1	<p>Badminton</p> <ul style="list-style-type: none"> <li>To be able to perform the forehand serve aiming for different areas of the court, demonstrating consistency and an element of disguise in both isolation and in competitive games.</li> </ul>	<p>Badminton</p> <ul style="list-style-type: none"> <li>To be able to perform the forehand serve aiming for different areas of the court, demonstrating consistency and an element of disguise in both isolation and in competitive games.</li> </ul>	<p><b>Formations and Directions:</b> Students to work on adding more compositional principles in their movement to develop their dance. Formations – where people in your group stand. E.g. lines/ scattered. Directions – 6 in dance – forward, backward, up, down, left and right. Performance and evaluation. Half the group perform, half watch and give feedback. Link to assessment levels, timing, what worked well and what could the group do to improve further.</p>	<p><b>Formations and Directions:</b> Students to work on adding more compositional principles in their movement to develop their dance. Formations – where people in your group stand. E.g. lines/ scattered. Directions – 6 in dance – forward, backward, up, down, left and right. Performance and evaluation. Half the group perform, half watch and give feedback. Link to assessment levels, timing, what worked well and what could the group do to improve further.</p>
Lesson 2	<p>Badminton</p> <ul style="list-style-type: none"> <li>To be able to perform the overhead clear, gaining distance and</li> </ul>	<p>Badminton</p> <ul style="list-style-type: none"> <li>To be able to perform the overhead clear, gaining distance and</li> </ul>	<p><b>Levels:</b> Aim to include all 3 different levels in their dance. High – jump, Medium – standing position, Low – on the floor.</p>	<p><b>Levels:</b> Aim to include all 3 different levels in their dance. High – jump, Medium – standing position, Low – on the floor.</p>

	sending the shuttle to the back of the court in isolation and a game with high levels of consistency and accuracy.	sending the shuttle to the back of the court in isolation and a game with high levels of consistency and accuracy.	Share and develop ideas. Choose one movement from another group that you could use in your dance.	Share and develop ideas. Choose one movement from another group that you could use in your dance.
Week 20			Dance	Dance
Lesson 1	Badminton <ul style="list-style-type: none"> <li>To be able to perform the net shot in practice and in a game displaying control and accuracy consistently.</li> <li>Add an element of disguise to gain an advantage over the opponent.</li> </ul>	Badminton <ul style="list-style-type: none"> <li>To be able to perform the net shot in practice and in a game displaying control and accuracy consistently.</li> <li>Add an element of disguise to gain an advantage over the opponent.</li> </ul>	<b>Teaching:</b> If working on own individual dance groups pair up and teach small section of their dance to another group. If working on a section of the song e.g. apple bottom jeans They deliver their section to the whole group.	<b>Teaching:</b> If working on own individual dance groups pair up and teach small section of their dance to another group. If working on a section of the song e.g. apple bottom jeans They deliver their section to the whole group.
Lesson 2	Badminton <ul style="list-style-type: none"> <li>Assessment Lesson</li> <li>Demonstrate the serve, net shot and overhead clear consistently in a game.</li> <li>Apply tactics to move your opponent including disguise to shots.</li> </ul>	Badminton <ul style="list-style-type: none"> <li>Assessment Lesson</li> <li>Demonstrate the serve, net shot and overhead clear consistently in a game.</li> <li>Apply tactics to move your opponent including disguise to shots.</li> </ul>	<b>Performance and Assessment lesson:</b> Can invite the other class to come and watch the performance. Rehearse dance.	<b>Performance and Assessment lesson:</b> Can invite the other class to come and watch the performance. Rehearse dance.
Week 21	Fitness	Boxing	Basketball	Basketball
Lesson 1	Recall 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	<b>Know &amp; Understand the correct boxing stance and footwork –</b> Front toe & back heel on the center line. Dominant hand in	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 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.

	<p>8-10 stations</p> <p>On the first go around the circuit students complete 1 repetition on each station</p> <p>On the second go around the circuit students complete 2 repetitions on each station</p> <p>.... Until they reach 10 repetitions</p> <p>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)</p> <p>Time how long it takes students and the first pair to finish will be the winners</p>	back (if you are right-handed, put the right hand in back).	To develop their understanding and knowledge of the basic rules of Basketball.	To develop their understanding and knowledge of the basic rules of Basketball.
Lesson 2	<p>Produce their own circuit and perform the correct technique for each exercise.</p> <p>Circuit</p> <p>8-10 stations</p> <p>Students work in individually.</p> <p>Time the stations at the teacher's discretion (50secs to 1min).</p> <p>Give students a list of exercises to choose from for their circuit.</p> <p>After 10 minutes class discussion on which stations students found easy and hard, why.</p> <p>Continue with circuit</p> <p>Organisation x2 students per mat/ area</p>	<p><b>Demonstrate the correct technique of the Jab</b></p> <p>Keeping the rest of your body still, extend your left fist straight forward.</p>	<ul style="list-style-type: none"> <li>• To introduce &amp; understand where passing is used in basketball.</li> <li>• To be able to outwit opponents with passes and angled runs.</li> <li>• To begin to understand the need of tactical movements to invade opponents basket.</li> </ul>	<ul style="list-style-type: none"> <li>• To introduce &amp; understand where passing is used in basketball.</li> <li>• To be able to outwit opponents with passes and angled runs.</li> <li>• To begin to understand the need of tactical movements to invade opponents basket.</li> </ul>
Week 22	Fitness	Boxing	Basketball	Basketball

Lesson 1	<p>Understand the principle of overload and apply this to your circuit.</p> <p>Aerobic warm up teacher or student led depending on the students within the group</p> <p>Stretches led by a student counting to 10 and naming muscles during the stretches.</p> <p>With last week's circuit explain to students the term overload.</p> <p>All students to overload the circuit by an increase in time this is to the teacher's discretion (10-15 seconds increase) and depends on the group.</p>	<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>	<ul style="list-style-type: none"> <li>• To be able to perform the basic dribbling technique with control and accuracy.</li> <li>• To be able to outwit opponents with the use of these skills.</li> <li>• To be able to perform skills in a small sided game making decisions about how best to advance on opposition.</li> <li>• To develop an understanding of the rule of travelling in Basketball.</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to perform the basic dribbling technique with control and accuracy.</li> <li>• To be able to outwit opponents with the use of these skills.</li> <li>• To be able to perform skills in a small sided game making decisions about how best to advance on opposition.</li> <li>• To develop an understanding of the rule of travelling in Basketball.</li> </ul>
Lesson 2	<p>Understand the principle of progression and apply this to your circuit.</p> <p>Warm up – examples of how to progress individual</p> <p>Stretches led by a student counting to 10 and naming muscles during the stretches.</p> <p>Students' progress 2 or more stations within their circuit. For example line hops could move to mini hurdles so they have to jump higher.</p> <p>Show students work in demonstrations.</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>	<ul style="list-style-type: none"> <li>• To understand and know the benefits of the different types of shot.</li> <li>• To develop their understanding and knowledge of how to execute a successful set shot.</li> <li>• To be able to outwit opponents using learnt skills and techniques.</li> <li>• To develop an understanding of the importance of width and playing into space in order to attack.</li> </ul>	<ul style="list-style-type: none"> <li>• To understand and know the benefits of the different types of shot.</li> <li>• To develop their understanding and knowledge of how to execute a successful set shot.</li> <li>• To be able to outwit opponents using learnt skills and techniques.</li> <li>• To develop an understanding of the importance of width and playing into space in order to attack.</li> </ul>
Week 23	Fitness	Boxing	Basketball	Basketball
Lesson 1	<p>Understand the principle of specificity (making it specific to the individuals needs or goals).</p>	<p>Students to devise their own combinations.</p>	<ul style="list-style-type: none"> <li>• To perform a basic lay up technique appreciating the outcome necessary.</li> </ul>	<ul style="list-style-type: none"> <li>• To perform a basic lay up technique appreciating the outcome necessary.</li> </ul>

	<p>Aerobic warm up teacher or student led depending on the students within the group</p> <p>Stretches led by a student counting to 10 and naming muscles during the stretches.</p> <p>All students need to link their circuit to a specific sport or area for development. They will need to change some stations. For example football – they may add ladders and heading station.</p>	<p>Students must include a range of shots with the correct technique and some forms of defence.</p>	<ul style="list-style-type: none"> <li>• To develop their understanding and knowledge of how to outwit an opponent using appropriate shot selection.</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 develop their understanding and knowledge of how to outwit an opponent using appropriate shot selection.</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>To know what interval training is</p> <p>To understand how to deliver interval training</p> <p>To know and understand the different components of fitness that interval training may work on.</p> <p>To know the difference between aerobic training and anaerobic training</p>	<p>Stamina Lesson:</p> <p>Students working with others to test own stamina.</p> <p>Using combinations to music try to keep moving and boxing x1 song and then swap.</p> <p>Can introduce skipping as part of the session.</p>	<ul style="list-style-type: none"> <li>• Assessment Lesson</li> <li>• Further development – Inter form basketball comp.</li> <li>• 2v2 ½ court trying to outwit opponents using skills.</li> <li>• Small Sided Game-3v3 games full court.</li> <li>• Contact when shooting = free throw.</li> </ul>	<ul style="list-style-type: none"> <li>• Assessment lesson</li> <li>• Further development – Inter form basketball comp.</li> <li>• 2v2 ½ court trying to outwit opponents using skills.</li> <li>• Small Sided Game-3v3 games full court.</li> <li>• Contact when shooting = free throw.</li> </ul>
Week 24	Boxing	Fitness	Badminton	Badminton
Lesson 1	<p><b>Know &amp; Understand the correct boxing stance and footwork</b> – Front toe &amp; back heel on the center line.</p> <p>Dominant hand in back (if you are right-handed, put the right hand in back).</p>	<p>Recall the terms sets and repetitions and how progression should be used in circuit training.</p> <p>Warm up: recap the exercises use MA students to demonstrate</p> <p>Progression circuit</p> <p>8-10 stations</p> <p>On the first go around the circuit students complete 1 repetition on each station</p> <p>On the second go around the circuit students complete 2 repetitions on each station</p>	<p>Badminton</p> <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 to move an opponent around the court.</li> </ul>	<p>Badminton</p> <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 to move an opponent around the court.</li> </ul>

		<p>.... 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) Time how long it takes students and the first pair to finish will be the winners</p>		
Lesson 2	<p><b>Demonstrate the correct technique of the Jab</b></p> <p>Keeping the rest of your body still, extend your left fist straight forward.</p>	<p>Produce their own circuit and perform the correct technique for each exercise. Circuit 8-10 stations Students work in individually. Time the stations at the teacher's discretion (50secs to 1min). Give students a list of exercises to choose from for their circuit. After 10 minutes class discussion on which stations students found easy and hard, why. Continue with circuit Organisation x2 students per mat/ area</p>	<p>Badminton</p> <p>To be able to perform the 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>Badminton</p> <p>To be able to perform the backhand serve aiming for different areas of the court, demonstrating consistency and an element of disguise in both isolation and in competitive games.</p>
Week 25	Boxing	Fitness		
Lesson 1	<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>Understand the principle of overload and apply this to your circuit. Aerobic warm up teacher or student led depending on the students within the group Stretches led by a student counting to 10 and naming muscles during the stretches.</p>	<p>Badminton</p> <ul style="list-style-type: none"> <li>To be able to perform the forehand serve aiming for different areas of the court, demonstrating consistency and an element of disguise in both isolation and in competitive games.</li> </ul>	<p>Badminton</p> <ul style="list-style-type: none"> <li>To be able to perform the forehand serve aiming for different areas of the court, demonstrating consistency and an element of disguise in both isolation and in competitive games.</li> </ul>



		With last week's circuit explain to students the term overload. All students to overload the circuit by an increase in time this is to the teacher's discretion (10-15 seconds increase) and depends on the group.		
Lesson 2	Know and understand the correct technique of the uppercut  pivot your feet clockwise (about 90 degrees) as you drop the right heel and lift the left heel.	Understand the principle of progression and apply this to your circuit. Warm up – examples of how to progress individual Stretches led by a student counting to 10 and naming muscles during the stretches. Students' progress 2 or more stations within their circuit. For example line hops could move to mini hurdles so they have to jump higher. Show students work in demonstrations.	Badminton  To be able to perform the backhand serve aiming for different areas of the court, demonstrating consistency and an element of disguise in both isolation and in competitive games.	Badminton  To be able to perform the backhand serve aiming for different areas of the court, demonstrating consistency and an element of disguise in both isolation and in competitive games.
Week 26	Boxing	Fitness		
Lesson 1	Students to devise their own combinations.  Students must include a range of shots with the correct technique and some forms of defence.	Understand the principle of specificity (making it specific to the individuals needs or goals). Aerobic warm up teacher or student led depending on the students within the group Stretches led by a student counting to 10 and naming muscles during the stretches. All students need to link their circuit to a specific sport or area for development. They will need to change some stations. For example	Badminton  To be able to perform the forehand serve aiming for different areas of the court, demonstrating consistency and an element of disguise in both isolation and in competitive games.	Badminton  To be able to perform the forehand serve aiming for different areas of the court, demonstrating consistency and an element of disguise in both isolation and in competitive games.

		football – they may add ladders and heading station.		
Lesson 2	<p>Stamina Lesson:</p> <p>Students working with others to test own stamina.</p> <p>Using combinations to music try to keep moving and boxing x1 song and then swap.</p> <p>Can Introduce skipping as part of the session.</p>	<p>To know what interval training is</p> <p>To understand how to deliver interval training</p> <p>To know and understand the different components of fitness that interval training may work on.</p> <p>To know the difference between aerobic training and anaerobic training</p>	<p>Badminton</p> <ul style="list-style-type: none"> <li>• To be able to perform the net shot in practice and in a game displaying control and accuracy consistently.</li> <li>• Add an element of disguise to gain an advantage over the opponent.</li> </ul>	<p>Badminton</p> <ul style="list-style-type: none"> <li>• To be able to perform the net shot in practice and in a game displaying control and accuracy consistently.</li> <li>• Add an element of disguise to gain an advantage over the opponent.</li> </ul>