

8 South	Male learning Intentions set 1	Male learning Intentions set 2	Female learning Intentions set 1	Female learning Intentions set 2
	Football	Football	Football/netball students to opt	Football/netball students to opt
Lesson 1	<p>To be able to perform a pass using inside and outside of foot and understand the importance of receiving correctly.</p> <p>To be able to perform these in a small sided game.</p> <p>To understand and know where passing is used in football. To be able to outwit opponents with a variety of passes.</p>	<p>To be able to perform a pass using inside and outside of foot and understand the importance of receiving correctly.</p> <p>To be able to perform these in a small sided game.</p> <p>To understand and know where passing is used in football. To be able to outwit opponents with a variety of passes.</p>	<p>Develop footwork: Working at driving towards the ball Developing passing: working at passing and receiving the ball at different distances and speed.</p>	<p>To be able to perform a pass using inside and outside of foot and understand the importance of receiving correctly.</p> <p>To be able to perform these in a small sided game.</p> <p>To understand and know where passing is used in football. To be able to outwit opponents with a variety of passes.</p>
Lesson 2	<p>To be able to perform and accurately replicate different types of dribbling with control, speed and fluency.</p> <p>To be able to outwit opponents with the combination of turns and dribbling.</p> <p>To be able to perform techniques in a small sided game making decisions about how best to advance on opposition.</p>	<p>To be able to perform and accurately replicate different types of dribbling with control, speed and fluency.</p> <p>To be able to outwit opponents with the combination of turns and dribbling.</p> <p>To be able to perform techniques in a small sided game making decisions about how best to advance on opposition.</p>	<p>Develop attacking: Dodging and Changing direction.</p> <p>Working with both passive and active defenders.</p>	<p>To be able to perform and accurately replicate different types of dribbling with control, speed and fluency.</p> <p>To be able to outwit opponents with the combination of turns and dribbling.</p> <p>To be able to perform techniques in a small sided game making decisions about how best to advance on opposition.</p>
Lesson 3	<p>To be able to outwit opponents using learnt skills and techniques at speed.</p> <p>To understand the importance of width and team shape.</p> <p>To develop strategic and tactical play for both attack and defence.</p>	<p>To be able to outwit opponents using learnt skills and techniques at speed.</p> <p>To understand the importance of width and team shape.</p> <p>To develop strategic and tactical play for both attack and defence.</p>	<p>Develop defending: Reviewing shadowing skills.</p> <p>Looking at getting arms up in front of a player.</p>	<p>To be able to outwit opponents using learnt skills and techniques at speed.</p> <p>To understand the importance of width and team shape.</p> <p>To develop strategic and tactical play for both attack and defence.</p>
	Football	Football	Football/Netball	Football/netball

Lesson 1	<p>To perform and replicate an accurate, controlled shot on goal with power.</p> <p>To execute a successful shot on goal i.e. across goal.</p> <p>To appreciate how to adjust shot selection based on opponents positioning.</p> <p>To be able to assess & evaluate shooting techniques and suggest ways to improve.</p>	<p>To perform and replicate an accurate, controlled shot on goal with power.</p> <p>To execute a successful shot on goal i.e. across goal.</p> <p>To appreciate how to adjust shot selection based on opponents positioning.</p> <p>To be able to assess & evaluate shooting techniques and suggest ways to improve.</p>	<p>Outwitting opponents: Thinking about which pass to use in different situations.</p>	<p>To perform and replicate an accurate, controlled shot on goal with power.</p> <p>To execute a successful shot on goal i.e. across goal.</p> <p>To appreciate how to adjust shot selection based on opponents positioning.</p> <p>To be able to assess & evaluate shooting techniques and suggest ways to improve.</p>
Lesson 2	<p>To develop understanding and knowledge of how to control the ball correctly.</p> <p>To perform the different types of control and from a variety of distances e.g. chest, thigh.</p> <p>Appreciate the need to make decisions about choice of technique, eg. Get in line early, judge the height of the ball.</p>	<p>To develop understanding and knowledge of how to control the ball correctly.</p> <p>To perform the different types of control and from a variety of distances e.g. chest, thigh.</p> <p>Appreciate the need to make decisions about choice of technique, eg. Get in line early, judge the height of the ball.</p>	<p>Tactical play e.g. Free pass/ penalty pass who should take the pass and why?</p> <p>Positioning on court for certain scenarios.</p>	<p>To develop understanding and knowledge of how to control the ball correctly.</p> <p>To perform the different types of control and from a variety of distances e.g. chest, thigh. Appreciate the need to make decisions about choice of technique, eg. Get in line early, judge the height of the ball.</p>
	Football	Football	Football/netball	Football/netball
Lesson 1	<p>To be able to perform and develop defensive strategies i.e Tackling, jockeying, forcing onto weaker foot.</p> <p>Gain understanding of how to defend in a 1v1 or 2v2 situation.</p> <p>To understand when to defend and how to stop opponents from advancing.</p>	<p>To be able to perform and develop defensive strategies i.e Tackling, jockeying, forcing onto weaker foot.</p> <p>Gain understanding of how to defend in a 1v1 or 2v2 situation.</p> <p>To understand when to defend and how to stop opponents from advancing.</p>	<p>Tactical Play: Positioning on court for certain scenarios: backline pass, sideline pass.</p> <p>Movement for these scenarios.</p>	<p>To be able to perform and develop defensive strategies i.e Tackling, jockeying, forcing onto weaker foot.</p> <p>Gain understanding of how to defend in a 1v1 or 2v2 situation. To understand when to defend and how to stop opponents from advancing.</p>
Lesson 2	<p>Assessment Lesson</p> <p>To demonstrate the ability to outwit an opponent in a game</p>	<p>Assessment Lesson</p> <p>To demonstrate the ability to outwit an opponent in a game</p>	<p>Assessment lesson:</p> <p>Game Play: Thinking about passing and positioning on court. Discussion</p>	<p>Assessment Lesson</p> <p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.</p>

	situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in football.	situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in football.	of own strengths & areas for improvement.	The pupils are to develop their knowledge and understanding of the rules in football.
Lesson 3	Assessment Lesson Playing the game applying skills learnt under pressure. Trying to identify own areas of strength and development.	Assessment Lesson Playing the game applying skills learnt under pressure. Trying to identify own areas of strength and development.	Assessment Lesson: Game Play: Thinking about passing and positioning on court. Discussion of own strengths & areas for improvement.	Assessment Lesson Playing the game applying skills learnt under pressure. Trying to identify own areas of strength and development.
	OAA	OAA	OAA	OAA
Lesson 1	Outdoor Tag/relay game One team in a square with tags on (TAG team), One team lined up along one edge of the square(chasers). X1 one at a time the chaser come in and try steal a tag, when they've done that they join back of que this repeats until all the Tags are out. Chasers need to strategize how to beat their time and get all the tag team out.	Outdoor Tag/relay game One team in a square with tags on (TAG team), One team lined up along one edge of the square(chasers). X1 one at a time the chaser come in and try steal a tag, when they've done that they join back of que this repeats until all the Tags are out. Chasers need to strategize how to beat their time and get all the tag team out.	Indoor: Hoola hoop games working as a team to beat the others: how to react faster which square is best to go to first, order of play. Noughts & Crosses Rock Paper Scissors	Indoor: Hoola hoop games working as a team to beat the others: how to react faster which square is best to go to first, order of play. Noughts & Crosses Rock Paper Scissors
Lesson 2	Indoor: Hoola hoop games working as a team to beat the others: how to react faster which square is best to go to first, order of play. Noughts & Crosses	Indoor: Hoola hoop games working as a team to beat the others: how to react faster which square is best to go to first, order of play. Noughts & Crosses	Outdoor Tag/relay game One team in a square with tags on (TAG team), One team lined up along one edge of the square(chasers). X1 one at a time the chaser come in and try steal a tag, when they've done that they	Outdoor Tag/relay game One team in a square with tags on (TAG team), One team lined up along one edge of the square(chasers). X1 one at a time the chaser come in and try steal a tag, when they've done that they join back

	Rock Paper Scissors	Rock Paper Scissors	join back of que this repeats until all the Tags are out. Chasers need to strategize how to beat their time and get all the tag team out.	of que this repeats until all the Tags are out. Chasers need to strategize how to beat their time and get all the tag team out.
Lesson 3	Outdoor Capture the Flag Introduce the Jail Remind them of roles responsibilities Increase the size of the area e.g. top pitch and bottom pitch.	Outdoor Capture the Flag Introduce the Jail Remind them of roles responsibilities Increase the size of the area e.g. top pitch and bottom pitch.	Indoor: Trust games Blind fold games Sheep Pen students Develop listening skills, verbal skills importance of keeping instructions simple.	Indoor: Trust games Blind fold games Sheep Pen students Develop listening skills, verbal skills importance of keeping instructions simple.
	OAA	OAA	OAA	OAA
Lesson 1	Indoor: Trust games Blind fold games Sheep Pen students Develop listening skills, verbal skills importance of keeping instructions simple.	Indoor: Trust games Blind fold games Sheep Pen students Develop listening skills, verbal skills importance of keeping instructions simple.	Outdoor Capture the Flag Introduce the Jail Remind them of roles responsibilities Increase the size of the area e.g. top pitch and bottom pitch.	Outdoor Capture the Flag Introduce the Jail Remind them of roles responsibilities Increase the size of the area e.g. top pitch and bottom pitch.
Lesson 2	<ul style="list-style-type: none"> Outdoor: capture the Flag 4 corner version Makes the game faster and students have to be hyper vigilant. 	<ul style="list-style-type: none"> Outdoor: capture the Flag 4 corner version Makes the game faster and students have to be hyper vigilant. 	<ul style="list-style-type: none"> Indoor: Blind fold games cont: Look at getting team mates across a mine field of cones. 	<ul style="list-style-type: none"> Indoor: Blind fold games cont: Look at getting team mates across a mine field of cones.
	OAA	OAA	OAA	OAA
Lesson 1	<ul style="list-style-type: none"> Indoor: Blind fold games cont: 	<ul style="list-style-type: none"> Indoor: Blind fold games cont: 	<ul style="list-style-type: none"> Outdoor: capture the Flag 4 corner version 	<ul style="list-style-type: none"> Outdoor: capture the Flag 4 corner version

	<ul style="list-style-type: none"> Look at getting team mates across a mine field of cones. 	<ul style="list-style-type: none"> Look at getting team mates across a mine field of cones. 	<ul style="list-style-type: none"> Makes the game faster and students have to be hyper vigilant. 	<ul style="list-style-type: none"> Makes the game faster and students have to be hyper vigilant.
Lesson 2	<p>Indoor/back of sports hall: Mixed Gender teams</p> <p>River crossing: Using a bench/mat/ hoola hoop. Students work as a team to get across the sports hall. If they touch the floor they have to start again</p>	<p>Indoor/back of sports hall: Mixed Gender teams</p> <p>River crossing: Using a bench/mat/ hoola hoop. Students work as a team to get across the sports hall. If they touch the floor they have to start again</p>	<p>Indoor/back of sports hall: Mixed Gender teams</p> <p>River crossing: Using a bench/mat/ hoola hoop. Students work as a team to get across the sports hall. If they touch the floor they have to start again</p>	<p>Indoor/back of sports hall: Mixed Gender teams</p> <p>River crossing: Using a bench/mat/ hoola hoop. Students work as a team to get across the sports hall. If they touch the floor they have to start again</p>
Lesson 3	<p>Capture Flag</p> <p>Mixed Gender or boys v Girls</p> <p>Focus can they work together to be successful</p>	<p>Capture Flag</p> <p>Mixed Gender or boys v Girls</p> <p>Focus can they work together to be successful</p>	<p>Capture Flag</p> <p>Mixed Gender or boys v Girls</p> <p>Focus can they work together to be successful</p>	<p>Capture Flag</p> <p>Mixed Gender or boys v Girls</p> <p>Focus can they work together to be successful</p>
	Cricket	Athletics	Rounders	Athletics
Lesson 1	<p>Perform a range of fielding techniques including the long barrier. Apply fielding techniques to a pairs cricket game. Evaluate own and others fielding performances.</p>	Boys: Pacing lesson & 800m	Demonstrate an appropriate Ready Position and Long Barrier.	Girls: javelin
Lesson 2	Describe the basic teaching points for batting, including both attacking & defensive shots.	Boys: 100m Sprint start & tech	Discuss rules to bowling and identify effective technique	Girls: measure javelin

	<p>Apply teaching points to drills and a paired cricket game.</p> <p>Evaluate own and others batting technique and performance.</p>			
	Cricket	Athletics	Rounders	Athletics
Lesson 1	<p>Perform different ways to run a batter out.</p> <p>Apply techniques to drills and a paired cricket game.</p> <p>Evaluate own and others performance.</p>	Boys: javelin	<p>Speed between bases.</p> <p>Recognise how to adjust body position for balls delivered at different heights in small group practices</p>	Girls: Pacing lesson & 600m
Lesson 2	<p>Define and demonstrate the bowling technique</p> <p>Apply bowling technique to non-competitive and competitive situations.</p> <p>Reflect on performance and suggest ways to improve.</p>	Boys: measure Javelin	<p>Perform a conditioned practice in a small group demonstrating previously learned skills of bowling and batting</p> <p>Show and discuss judgement in running between posts</p>	Girls: 100m Sprint start & tech
Lesson 3	<p>Define the importance of communication when batting.</p> <p>Apply techniques discussed to paired cricket game</p> <p>Reflect on performance and suggest ways to improve</p>	Boys: Baton Change over	<p>A good fielder:</p> <p>Look at decision making</p> <p>Speed in the field and reaction time.</p>	Girls: Shot Put
	Cricket	Athletics	Rounders	Athletics
Lesson 1	<p>Describe the tactics used to be successful in cricket.</p> <p>Apply tactics discussed to your team's game.</p>	Boys: Relay races	<p>Game Play:</p> <p>Have 3 small teams: x1 batting team x1 inner field team x1 deep field team</p>	Girls: Shot Put & Measure

	Evaluate team's performance and whether or not tactics were successful		Help students understand the differences between inner fielding roles and deep field how they can support each other.	
Lesson 2	Assessment Lesson & Competition. Evaluate the strengths & weaknesses of each team's bowling, batting & Fielding.	Boys: Shot Put & measure	Tournaments: Team captains x1 fielding captain x1 batting captain on each team	Relay Races
	Athletics	Softball	Athletics	Cricket
Lesson 1	Boys: Pacing lesson & 800m		Girls: javelin	Perform a range of fielding techniques including the long barrier. Apply fielding techniques to a pairs cricket game. Evaluate own and others fielding performances.
Lesson 2	Boys: 100m Sprint start & tech		Girls: measure javelin	Describe the basic teaching points for batting, including both attacking & defensive shots. Apply teaching points to drills and a paired cricket game. Evaluate own and others batting technique and performance.
Lesson 3	Boys: javelin		Girls: Pacing lesson & 600m	Perform different ways to run a batter out. Apply techniques to drills and a paired cricket game. Evaluate own and others performance.
	Athletics	Softball	Athletics	Cricket

Lesson 1	Boys: javelin		Girls: 100m Sprint start & tech	<p>Define and demonstrate the bowling technique</p> <p>Apply bowling technique to non-competitive and competitive situations.</p> <p>Reflect on performance and suggest ways to improve.</p>
Lesson 2	Boys: measure Javelin		Girls: Shot Put	<p>Define the importance of communication when batting.</p> <p>Apply techniques discussed to paired cricket game</p> <p>Reflect on performance and suggest ways to improve</p>
	Athletics	Softball	Athletics	Cricket
Lesson 1	Boys: Baton Change over		Girls: measure Shot Put	<p>Describe the tactics used to be successful in cricket.</p> <p>Apply tactics discussed to your team's game.</p> <p>Evaluate team's performance and whether or not tactics were successful</p>
Lesson 2	Boys: Relay races		Girls: baton change overs	<p>Assessment Lesson & Competition. Evaluate the strengths & weaknesses of each team's bowling, batting & Fielding.</p>
Lesson 3	Boys: Shot Put & Measure		Girls: relay Races	<p>Assessment Lesson & Competition. Evaluate the strengths & weaknesses of each team's bowling, batting & Fielding.</p>
	Softball	Cricket	Cricket	Rounders

Lesson 1		<p>Perform a range of fielding techniques including the long barrier.</p> <p>Apply fielding techniques to a pairs cricket game.</p> <p>Evaluate own and others fielding performances.</p>	<p>Perform a range of fielding techniques including the long barrier.</p> <p>Apply fielding techniques to a pairs cricket game.</p> <p>Evaluate own and others fielding performances.</p>	Demonstrate an appropriate Ready Position and Long Barrier.
Lesson 2		<p>Describe the basic teaching points for batting, including both attacking & defensive shots.</p> <p>Apply teaching points to drills and a paired cricket game.</p> <p>Evaluate own and others batting technique and performance.</p>	<p>Describe the basic teaching points for batting, including both attacking & defensive shots.</p> <p>Apply teaching points to drills and a paired cricket game.</p> <p>Evaluate own and others batting technique and performance.</p>	Discuss rules to bowling and identify effective technique
	Softball	Cricket	Cricket	Rounders
Lesson 1		<p>Perform different ways to run a batter out.</p> <p>Apply techniques to drills and a paired cricket game.</p> <p>Evaluate own and others performance.</p>	<p>Perform different ways to run a batter out.</p> <p>Apply techniques to drills and a paired cricket game.</p> <p>Evaluate own and others performance.</p>	<p>Speed between bases.</p> <p>Recognise how to adjust body position for balls delivered at different heights in small group practices</p>
Lesson 2		<p>Define and demonstrate the bowling technique</p> <p>Apply bowling technique to non-competitive and competitive situations.</p> <p>Reflect on performance and suggest ways to improve.</p>	<p>Define and demonstrate the bowling technique</p> <p>Apply bowling technique to non-competitive and competitive situations.</p> <p>Reflect on performance and suggest ways to improve.</p>	Perform a conditioned practice in a small group demonstrating previously learned skills of bowling and batting Show and discuss judgement in running between posts
Lesson 3		Define the importance of communication when batting.	Define the importance of communication when batting.	<p>A good fielder:</p> <p>Look at decision making</p>

		<p>Apply techniques discussed to paired cricket game</p> <p>Reflect on performance and suggest ways to improve</p>	<p>Apply techniques discussed to paired cricket game</p> <p>Reflect on performance and suggest ways to improve</p>	Speed in the field and reaction time.
	Softball	Cricket	Cricket	Rounders
Lesson 1		<p>Describe the tactics used to be successful in cricket.</p> <p>Apply tactics discussed to your team's game.</p> <p>Evaluate team's performance and whether or not tactics were successful</p>	<p>Describe the tactics used to be successful in cricket.</p> <p>Apply tactics discussed to your team's game.</p> <p>Evaluate team's performance and whether or not tactics were successful</p>	<p>Game Play:</p> <p>Have 3 small teams: x1 batting team x1 inner field team x1 deep field team Help students understand the differences between inner fielding roles and deep field how they can support each other.</p>
Lesson 2		<p>Assessment Lesson & Competition.</p> <p>Evaluate the strengths & weaknesses of each team's bowling, batting & Fielding.</p>	<p>Assessment Lesson & Competition.</p> <p>Evaluate the strengths & weaknesses of each team's bowling, batting & Fielding.</p>	<p>Tournaments:</p> <p>Team captains x1 fielding captain x1 batting captain on each team</p>