

Year 10 North	Male learning Intentions set 1	Male learning Intentions set 2	Female learning Intentions set 1	Female learning Intentions set 2
Week 27	OAA	OAA	OAA	OAA
Lesson 1	Outdoor Capture the Flag: Increase the playing area to top and bottom field. Teams have to work on stealth, as it's harder to see the opposition coming.	Outdoor Capture the Flag: Increase the playing area to top and bottom field. Teams have to work on stealth, as it's harder to see the opposition coming.	Indoor: Trust games Blind fold games Obstacle course: Using benches, mats, cones, navigate way across the hall. Time their run and add tasks along the way. Can set them tasks to do e.g. get the ball into the hula hoop, kick the football into the goal. Try non verbal= students create own system. Develop listening skills, verbal skills importance of keeping instructions simple.	Indoor: Trust games Blind fold games Obstacle course: Using benches, mats, cones, navigate way across the hall. Time their run and add tasks along the way. Can set them tasks to do e.g. get the ball into the hula hoop, kick the football into the goal. Try non verbal= students create own system. Develop listening skills, verbal skills importance of keeping instructions simple.
Lesson 2	River crossing: Using tyres, benches, mats. Get your team to the other side. Focus upon speed as should build on knowledge from before.	River crossing: Using tyres, benches, mats. Get your team to the other side. Focus upon speed as should build on knowledge from before.	Outdoor Capture the Flag: Increase the playing area to top and bottom field. Teams have to work on stealth, as it's harder to see the opposition coming.	Outdoor Capture the Flag: Increase the playing area to top and bottom field. Teams have to work on stealth, as it's harder to see the opposition coming.
Week 28	OAA	OAA	OAA	OAA
Lesson 1	Outdoor Capture the Flag: Increase the playing area to top and bottom field. Teams have to work on stealth, as it's harder to see the opposition coming.	Outdoor Capture the Flag: Increase the playing area to top and bottom field. Teams have to work on stealth, as it's harder to see the opposition coming.	River crossing: Using tyres, benches, mats. Get your team to the other side. Focus upon speed as should build on knowledge from before.	River crossing: Using tyres, benches, mats. Get your team to the other side. Focus upon speed as should build on knowledge from before.
Week 29	Cricket	softball	rounders	cricket

Lesson 1	<p>Recap the basic skills from Cricket activities from KS3</p> <p>Put into practice these skills in a small sided modified game</p> <p>Utilise these skills with increasing Speed, effectiveness and consistency in order to improve the chances of winning the game</p>		<p>Accurate & fast throws.</p> <p>Isolation practice of all the throws</p> <p>Then:</p> <p>4's – batter, bowler, backstop, retriever. Aim towards hands of backstop. Rules- bowling box.</p>	<p>Recap the basic skills from Cricket activities from KS3</p> <p>Put into practice these skills in a small sided modified game</p> <p>Utilise these skills with increasing Speed, effectiveness and consistency in order to improve the chances of winning the game</p>
Lesson 2	<p>Describe the use of the cut & hook shots (back foot) & when these shots would be used (short delivery)</p> <p>Apply the teaching points for these shots into practise</p> <p>Evaluate each other's ability to perform the skill practised in the lesson in a game situation</p>		<p>Batting for accuracy</p> <p>Recap batting technique (grip, stance, action) T.P's; Bat out to side of body & sideways on. Pairs – underarm throw, hit back directly to partner.</p> <p>4's – bowler, batter, backstop and retriever. Batter aims to hit ball through a coned target. Hit target= 1 point. Rules about stepping out of batting square.</p>	<p>Describe the use of the cut & hook shots (back foot) & when these shots would be used (short delivery)</p> <p>Apply the teaching points for these shots into practise</p> <p>Evaluate each other's ability to perform the skill practised in the lesson in a game situation</p>
Week 30	Cricket	softball	rounders	cricket
Lesson 1	<p>Analyse the technique involved in bowling.</p> <p>Apply variation (change of speed, length, flight) to improve personal bowling performance with the introduction of spin bowling (both off & leg)</p> <p>Evaluate personal performance and reflect on how improvements could be made</p>		<p>Effective fielding team?</p> <p>4's-3 fielders, 1 batter. How can fielders support each other? Judge/anticipate batters hit + create tactics to outwit opposition. Link to full game.</p> <p>Roles of fielding positions, who to pass to and when, awareness of other players. 1 pupil from each team to umpire. Swap roles.</p>	<p>Analyse the technique involved in bowling.</p> <p>Apply variation (change of speed, length, flight) to improve personal bowling performance with the introduction of spin bowling (both off & leg)</p> <p>Evaluate personal performance and reflect on how improvements could be made</p>
Week 31	cricket	softball	rounders	cricket

Lesson 1	<p>Students to understand how to score and to undertake the role and signals of the umpire</p> <p>To include Wide, no-ball, four, six, out, not out.</p>		<p>Golden triangle:</p> <p>Explain the process: have quick practice games to let people have a go.</p> <p>Conditioned Game: Batters start with 5 points fielders take 1 point away for each out. Batters don't score just aim to stay in. Bonus points for fielders if do it in less than 5mins/10mins</p>	<p>Students to understand how to score and to undertake the role and signals of the umpire</p> <p>To include Wide, no-ball, four, six, out, not out.</p>
Lesson 2	<p>Assessment lesson</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>Tournament</p> <p>Assessment lesson.</p> <p>Students to openly discuss tactics</p> <p>Try to look for rules being broken</p>	<p>Assessment lesson</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>
Week 32	Athletics	Cricket	athletics	rounders
Lesson 1	Boys: Sprint	<p>Recap the basic skills from Cricket activities from KS3</p> <p>Put into practice these skills in a small sided modified game</p> <p>Utilise these skills with increasing Speed, effectiveness and consistency in order to improve the chances of winning the game</p>	Girls: javelin	<p>Accurate & fast throws.</p> <p>Isolation practice of all the throws</p> <p>Then:</p> <p>4's – batter, bowler, backstop, retriever. Aim towards hands of backstop. Rules- bowling box.</p>
Week 33	Athletics	Cricket	athletics	rounders

Lesson 1	Boys: javelin	Describe the use of the cut & hook shots (back foot) & when these shots would be used (short delivery) Apply the teaching points for these shots into practise Evaluate each other's ability to perform the skill practised in the lesson in a game situation	Girls: Sprint	Batting for accuracy Recap batting technique (grip, stance, action) T.P's; Bat out to side of body & sideways on. Pairs – underarm throw, hit back directly to partner. 4's – bowler, batter, backstop and retriever. Batter aims to hit ball through a coned target. Hit target= 1 point. Rules about stepping out of batting square.
Lesson 2	Boys: Relay	Analyse the technique involved in bowling Apply variation (change of speed, length, flight) to improve personal bowling performance with the introduction of spin bowling (both off & leg) Evaluate personal performance and reflect on how improvements could be made	Girls: Shot Put	Effective fielding team? 4's-3 fielders, 1 batter. How can fielders support each other? Judge/anticipate batters hit + create tactics to outwit opposition. Link to full game. Roles of fielding positions, who to pass to and when, awareness of other players. 1 pupil from each team to umpire. Swap roles.
Week 34	Athletics	cricket	Athletics	Rounders
Lesson 1	Boys: Shot put	Students to understand how to score and to undertake the role and signals of the umpire To include Wide, no-ball, four, six, out, not out.	Girls: Relay	Golden triangle: Explain the process: have quick practice games to let people have a go. Conditioned Game: Batters start with 5 points fielders take 1 point away for each out. Batters don't score just aim to stay in. Bonus points for fielders if do it in less than 5mins/10mins
week 35	Softball	Athletics	Cricket	Athletics
Lesson 1		Boys: Sprint	Recap the basic skills from Cricket activities from KS3	Girls: Javelin

			<p>Put into practice these skills in a small sided modified game</p> <p>Utilise these skills with increasing Speed, effectiveness and consistency in order to improve the chances of winning the game</p>	
Lesson 2		Boys: Javelin	<p>Describe the use of the cut & hook shots (back foot) & when these shots would be used (short delivery)</p> <p>Apply the teaching points for these shots into practise</p> <p>Evaluate each other's ability to perform the skill practised in the lesson in a game situation</p>	Girls: Sprint
Week 36	Softball	Athletics	Cricket	Athletics
Lesson 1		Boys: Relay	<p>Analyse the technique involved in bowling</p> <p>Apply variation (change of speed, length, flight) to improve personal bowling performance with the introduction of spin bowling (both off & leg)</p> <p>Evaluate personal performance and reflect on how improvements could be made</p>	Girls: Shot Put
week 37	Softball	Athletics	Cricket	Athletics
Lesson 1		Boys: Shot Put	<p>Students to understand how to score and to undertake the role and signals of the umpire</p> <p>To include Wide, no-ball, four, six, out, not out.</p>	Girls: relay
Lesson 2		Boys: 800M		Girls: pacing lesson

Week 38 &39	Option	Option	Option	Option
	Cricket/Softball	Cricket/softball	Rounders/cricket	Rounders/cricket