

7 South	Male learning Intentions set 1	Male learning Intentions set 2	Female learning Intentions set 1	Female learning Intentions set 2
	Football	Football	Netball/football Option Girls chose which sport they prefer	Netball/football Option Girls chose which sport they prefer
Lesson 1	<p>To be able to perform a pass using the side of the foot and understand the importance of receiving correctly.</p> <p>To be able to perform pass accurately in a small sided game, know when passing is used in football.</p> <p>To be able to outwit opponents with a pass.</p>	<p>To be able to perform a pass using the side of the foot and understand the importance of receiving correctly.</p> <p>To be able to perform pass accurately in a small sided game, know when passing is used in football.</p> <p>To be able to outwit opponents with a pass.</p>	<p>Introduction to the court,</p> <p>Know & Practice basic netball passes Chest, bounce, shoulder, overhead</p>	<p>To be able to perform a pass using the side of the foot and understand the importance of receiving correctly.</p> <p>To be able to perform pass accurately in a small sided game, know when passing is used in football.</p> <p>To be able to outwit opponents with a pass.</p>
Lesson2	<p>To be able to perform and accurately replicate different types of dribbling.</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.</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>Perform the basic land and pivot Footwork principle</p> <p>Passing the ball to a moving player. Footwork on the move catching and landing.</p>	<p>To be able to perform and accurately replicate different types of dribbling.</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 understand the basic positions required in a football team.</p> <p>To know the importance of width and playing into space in order to attack.</p> <p>To develop strategic and tactical play.</p>	<p>To understand the basic positions required in a football team.</p> <p>To know the importance of width and playing into space in order to attack.</p> <p>To develop strategic and tactical play.</p>	<p>Positions on the court</p> <p>Knowing the off-side rule</p>	<p>To understand the basic positions required in a football team.</p> <p>To know the importance of width and playing into space in order to attack.</p> <p>To develop strategic and tactical play.</p>
	Football	Football	Netball/Football	Netball/Football
Lesson 1	<p>To understand the basic positions required in a football team.</p>	<p>To understand the basic positions required in a football team.</p>	<p>Principles of attack: moving into a space.</p> <p>Importance of Possession: passing and moving.</p>	<p>To understand the basic positions required in a football team.</p> <p>To know the importance of width and playing into space in order to attack.</p>

	To know the importance of width and playing into space in order to attack. To develop strategic and tactical play.	To know the importance of width and playing into space in order to attack. To develop strategic and tactical play.		To develop strategic and tactical play.
Lesson 2	To perform and replicate an accurate and controlled shot on goal. To develop understanding and knowledge of how to execute a successful shot on goal i.e. head over the ball, use of laces. To appreciate how to adjust shot selection based on opponents positioning.	To perform and replicate an accurate and controlled shot on goal. To develop understanding and knowledge of how to execute a successful shot on goal i.e. head over the ball, use of laces. To appreciate how to adjust shot selection based on opponents positioning.	Principles of defence: What skills do defenders need. Shadowing & tracking a player	To perform and replicate an accurate and controlled shot on goal. To develop understanding and knowledge of how to execute a successful shot on goal i.e. head over the ball, use of laces. To appreciate how to adjust shot selection based on opponents positioning.
	Football	Football	Netball/Football	Netball/Football
Lesson 1	To develop their understanding and knowledge of how to control the ball correctly. To perform the different types of control e.g. chest, thigh. Appreciate the need to make decisions about choice of technique, e.g. Get in line early, judge the height of the ball.	To develop their understanding and knowledge of how to control the ball correctly. To perform the different types of control e.g. chest, thigh. Appreciate the need to make decisions about choice of technique, e.g. Get in line early, judge the height of the ball.	Game Play: being able to play in more than one position. Focus upon Footwork and the rules regarding this skill	To develop their understanding and knowledge of how to control the ball correctly. To perform the different types of control e.g. chest, thigh. Appreciate the need to make decisions about choice of technique, e.g. Get in line early, judge the height of the ball.
Lesson 2	To be able to perform and develop defensive strategies i.e. Tackling, jockeying. Gain understanding of how to defend in a 1v1 situation. To understand when to defend and how to stop opponents from advancing.	To be able to perform and develop defensive strategies i.e. Tackling, jockeying. Gain understanding of how to defend in a 1v1 situation. To understand when to defend and how to stop opponents from advancing.	Game Play: being able to play in more than one position. Discussion of own strengths & areas for improvement. Teacher assessment.	To be able to perform and develop defensive strategies i.e. Tackling, jockeying. Gain understanding of how to defend in a 1v1 situation. To understand when to defend and how to stop opponents from advancing.

Lesson 3	<p>Assessment Lesson</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 football.</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> <p>The pupils are to develop their knowledge and understanding of the rules in football.</p>	<p>Game Play: being able to play in more than one position.</p> <p>Discussion of own strengths & areas for improvement.</p> <p>Teacher assessment.</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> <p>The pupils are to develop their knowledge and understanding of the rules in football.</p>
	OAA	OAA	OAA	OAA
Lesson 1	<p>Outdoor</p> <p>Invasion strategy game.</p> <p>Capture the Flag:</p> <p>Work in small groups, analytic skills need to adjust team strategy to win.</p>	<p>Outdoor</p> <p>Invasion strategy game.</p> <p>Capture the Flag:</p> <p>Work in small groups, analytic skills need to adjust team strategy to win.</p>	<ul style="list-style-type: none"> • INDOOR • Travel puzzles: emphasis upon using planning time wisely. • Fox, grain, chicken • Stepping stones <p>Working within certain time students have to work together quickly & communicate this will all team members</p>	<ul style="list-style-type: none"> • INDOOR • Travel puzzles: emphasis upon using planning time wisely. • Fox, grain, chicken • Stepping stones <p>Working within certain time students have to work together quickly & communicate this will all team members</p>
Lesson 2	<ul style="list-style-type: none"> • INDOOR • Travel puzzles: emphasis upon using planning time wisely. • Fox, grain, chicken • Stepping stones <p>Working within certain time students have to work together quickly & communicate this will all team members</p>	<ul style="list-style-type: none"> • INDOOR • Travel puzzles: emphasis upon using planning time wisely. • Fox, grain, chicken • Stepping stones <p>Working within certain time students have to work together quickly & communicate this will all team members</p>	<p>Outdoor</p> <p>Invasion strategy game.</p> <p>Capture the Flag:</p> <p>Work in small groups, analytic skills need to adjust team strategy to win.</p>	<p>Outdoor</p> <p>Invasion strategy game.</p> <p>Capture the Flag:</p> <p>Work in small groups, analytic skills need to adjust team strategy to win.</p>
	OAA	OAA	OAA	OAA
Lesson 1	<p>Outdoor challenges</p> <p>Problem solving</p>	<p>Outdoor challenges</p> <p>Problem solving</p>	<p>INDOOR</p> <p>Bench games</p>	<p>INDOOR</p> <p>Bench games</p>

	Puzzle tiles, Team worm: Thinking skills link them to the tactics in sport	Puzzle tiles, Team worm: Thinking skills link them to the tactics in sport	Find out each other's names and stand in order on the bench Height order Age House number 2 nd games Carry the tennis ball balanced on a racket and get it in the bucket without dropping it. Have to start again if they do.	Find out each other's names and stand in order on the bench Height order Age House number 2 nd games Carry the tennis ball balanced on a racket and get it in the bucket without dropping it. Have to start again if they do.
Lesson 2	INDOOR Bench games Find out each others names and stand in order on the bench Height order Age House number 2 nd games Carry the tennis ball balanced on a racket and get it in the bucket without dropping it. Have to start again if they do.	INDOOR Bench games Find out each others names and stand in order on the bench Height order Age House number 2 nd games Carry the tennis ball balanced on a racket and get it in the bucket without dropping it. Have to start again if they do.	Outdoor challenges Problem solving Puzzle tiles, Team worm: Thinking skills link them to the tactics in sport	Outdoor challenges Problem solving Puzzle tiles, Team worm: Thinking skills link them to the tactics in sport
Lesson 3	Outdoor Invasion strategy game. Capture the Flag: Work in larger groups, Think about specific roles within the	Outdoor Invasion strategy game. Capture the Flag: Work in larger groups, Think about specific roles within the group, analytic skills need to adjust team strategy to win	Indoor Hoola hoop games Hoop travels round the circle the fastest whilst arms are linked/ reverse/twice round	Indoor Hoola hoop games Hoop travels round the circle the fastest whilst arms are linked/ reverse/twice round Whole team travels through the hoop, think of ways to increase the speed

	group, analytic skills need to adjust team strategy to win		Whole team travels through the hoop, think of ways to increase the speed Performing under pressure in a timed environment with larger groups. Sharing ideas with others, Importance of stopping and thinking about whether progress is being made. Appreciate small gains	Performing under pressure in a timed environment with larger groups. Sharing ideas with others, Importance of stopping and thinking about whether progress is being made. Appreciate small gains
	OAA	OAA	OAA	OAA
Lesson 1	<ul style="list-style-type: none"> Outdoor Capture the flag Introduce specific roles Captain, chief of defenders, chief stealers. 	<ul style="list-style-type: none"> Outdoor Capture the flag Introduce specific roles Captain, chief of defenders, chief stealers. 	<ul style="list-style-type: none"> Blind Fold Challenges <p>Students guide their partners through a series of cones and try get the fastest time</p>	<ul style="list-style-type: none"> Blindfold challenges <p>Students guide their partners through a series of cones and try get the fastest time</p>
Lesson 2	<ul style="list-style-type: none"> Blind Fold Challenges <p>Students guide their partners through a series of cones and try get the fastest time</p>	<ul style="list-style-type: none"> Blindfold challenges <p>Students guide their partners through a series of cones and try get the fastest time</p>	<ul style="list-style-type: none"> Outdoor Capture the flag Introduce specific roles Captain, chief of defenders, chief stealers. 	<ul style="list-style-type: none"> Outdoor Capture the flag Introduce specific roles Captain, chief of defenders, chief stealers.
	Cricket	Athletics	Rounders	Athletics
Lesson 1	Describe the Teaching Points of the low and high catch. Apply the Teaching Points in a practice situation.	Boys: Sprint technique & 100m	Describe the correct technique to perform a simple catch Catch the ball consistently when thrown from different heights/directions	Girls: Throwing tennis ball

	Reflect on what you did well and what you can improve upon.			
Lesson 2	Describe the Teaching Points of the Long Barrier. Apply the Teaching Points in a practice situation. Reflect on what you did well and what you can improve upon.	<ul style="list-style-type: none"> Boys: 200m Sprint & sprint Start. 	Distinguish difference between underarm and overarm throw techniques Recognise when and why either technique should be used	<ul style="list-style-type: none"> Girls: measuring Tennis Ball
	Cricket	Athletics	Rounders	Athletics
Lesson 1	Describe the Teaching Points of the Bowling Action Apply the Teaching Points in a practice situation. Reflect on what you did well and what you can improve upon.	Boys: Throwing Tennis ball	Know the key points for correct batting stance Consistently adopt correct stance when batting	Girls: Sprint Technique & 100m
Lesson 2	Describe the Teaching Points of the batting grip and stance. Apply the Teaching Points in a practice situation. Reflect on what you did well and what you can improve upon.	Boys: Measuring tennis ball	Know the aim/job of the fielding team and the different responsibilities each one has Demonstrate the long barrier fielding technique in a practice situation	Girls: Sprint Start & 200m
Lesson 3	Describe the Teaching Points of both batting and bowling. Apply the Teaching Points in a practice situation. Reflect on what you did well and what you can improve upon.	<ul style="list-style-type: none"> Boys: Baton changing 	Perform basic bowling technique with correct technique from standing Use two step "run up" when bowling Use variety of speeds/heights of ball within the rules of the game	<ul style="list-style-type: none"> Girls: Long Jump & Triple jump technique

	Cricket	Athletics	Rounders	Athletics
Lesson 1	Describe the skills required to participate in a small sided games. Apply the skills in a small sided game. Analyse your performance over the 6 Lessons and identify your strengths and Areas for improvement.	Boys: Relay Races	Chase a rolling ball, stop and return it effectively in a practice Observe and give feedback to another student Perform the skill appropriately in the context of a game	Girls: Measure long jump & triple
Lesson 2	Assessment Lesson & Competition. Students to apply and evaluate strategies for bowling, batting & Fielding.	<ul style="list-style-type: none"> Boys: Long & triple Jump tech & measure 	Games lesson: Focus upon rotations of players in different roles. Develop any tactics they have learnt.	Girls: Baton changing technique & Races
	Athletics	Softball	Athletics	Cricket
Lesson 1	Boys: Sprint technique & 100m		Girls: Throwing tennis ball	Describe the Teaching Points of the low and high catch. Apply the Teaching Points in a practice situation. Reflect on what you did well and what you can improve upon.
Lesson 2	<ul style="list-style-type: none"> Boys: 200m Sprint & sprint Start. 		Girls: measuring Tennis Ball	Describe the Teaching Points of the Long Barrier. Apply the Teaching Points in a practice situation. Reflect on what you did well and what you can improve upon.
Lesson 3	Boys: Throwing Tennis ball		Girls: Sprint Technique & 100m	Describe the Teaching Points of the Bowling Action

				<p>Apply the Teaching Points in a practice situation.</p> <p>Reflect on what you did well and what you can improve upon.</p>
	Athletics	Softball	Athletics	Cricket
Lesson 1	Boys: Measuring tennis ball		Girls: Sprint Start & 200m	<p>Describe the Teaching Points of the batting grip and stance.</p> <p>Apply the Teaching Points in a practice situation.</p> <p>Reflect on what you did well and what you can improve upon.</p>
Lesson 2	<ul style="list-style-type: none"> Boys: Baton changing 		Girls: Long Jump & Triple jump technique	<p>Describe the Teaching Points of both batting and bowling.</p> <p>Apply the Teaching Points in a practice situation.</p> <p>Reflect on what you did well and what you can improve upon.</p>
	Athletics	Softball	Athletics	Cricket
Lesson 1	Boys: Relay Races		Girls: Measure long jump & triple	<p>Describe the skills required to participate in a small sided games.</p> <p>Apply the skills in a small sided game.</p> <p>Analyse your performance over the 6 Lessons and identify your strengths and areas for improvement.</p>
Lesson 2	<ul style="list-style-type: none"> Boys: Long & triple Jump tech 		Girls: Baton changing technique	Assessment Lesson & Competition. Students to apply and evaluate strategies for bowling, batting & Fielding.
Lesson 3	<ul style="list-style-type: none"> Boys: measure Long & triple 		Girls: Relay Races	Assessment Lesson & Competition.

				Students to apply and evaluate strategies for bowling, batting & Fielding.
	Softball	Cricket	Cricket	Rounders
Lesson 1		Describe the Teaching Points of the low and high catch. Apply the Teaching Points in a practice situation. Reflect on what you did well and what you can improve upon.	Describe the Teaching Points of the low and high catch. Apply the Teaching Points in a practice situation. Reflect on what you did well and what you can improve upon.	Describe the correct technique to perform a simple catch Catch the ball consistently when thrown from different heights/directions
Lesson 2		Describe the Teaching Points of the Long Barrier. Apply the Teaching Points in a practice situation. Reflect on what you did well and what you can improve upon.	Describe the Teaching Points of the Long Barrier. Apply the Teaching Points in a practice situation. Reflect on what you did well and what you can improve upon.	Distinguish difference between underarm and overarm throw techniques Recognise when and why either technique should be used
	Softball	Cricket	Cricket	Rounders
Lesson 1		Describe the Teaching Points of the Bowling Action Apply the Teaching Points in a practice situation. Reflect on what you did well and what you can improve upon.	Describe the Teaching Points of the Bowling Action Apply the Teaching Points in a practice situation. Reflect on what you did well and what you can improve upon.	Know the key points for correct batting stance Consistently adopt correct stance when batting
Lesson 2		Describe the Teaching Points of the batting grip and stance. Apply the Teaching Points in a practice situation. Reflect on what you did well and what you can improve upon.	Describe the Teaching Points of the batting grip and stance. Apply the Teaching Points in a practice situation. Reflect on what you did well and what you can improve upon.	Know the aim/job of the fielding team and the different responsibilities each one has Demonstrate the long barrier fielding technique in a practice situation
Lesson 3		Describe the Teaching Points of both batting and bowling.	Describe the Teaching Points of both batting and bowling.	Perform basic bowling technique with correct technique from standing

		Apply the Teaching Points in a practice situation. Reflect on what you did well and what you can improve upon.	Apply the Teaching Points in a practice situation. Reflect on what you did well and what you can improve upon.	Use two step “run up” when bowling Use variety of speeds/heights of ball within the rules of the game
	Softball	Cricket	Cricket	Rounders
Lesson 1		Describe the skills required to participate in a small sided games. Apply the skills in a small sided game. Analyse your performance over the 6 Lessons and identify your strengths and areas for improvement.	Describe the skills required to participate in a small sided games. Apply the skills in a small sided game. Analyse your performance over the 6 Lessons and identify your strengths and areas for improvement.	Chase a rolling ball, stop and return it effectively in a practice Observe and give feedback to another student Perform the skill appropriately in the context of a game
Lesson 2		Assessment Lesson & Competition. Students to apply and evaluate strategies for bowling, batting & Fielding.	Assessment Lesson & Competition. Students to apply and evaluate strategies for bowling, batting & Fielding.	Games lesson: Focus upon rotations of players in different roles. Develop any tactics they have learnt.