

8 North	Male learning Intentions set 1	Male learning Intentions set 2	Female learning Intentions set 1	Female learning Intentions set 2
	Football	Football	Netball/Football students to opt	Netball/football 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. 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. 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. 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. 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>
	Football	Football	Netball/football	Netball/football
Lesson1	<p>To be able to outwit opponents using learnt skills and techniques at speed. 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. To understand the importance of width and team shape.</p> <p>To develop strategic and tactical play for both attack and defence.</p>	<p>shadowing skills. 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. To understand the importance of width and team shape.</p> <p>To develop strategic and tactical play for both attack and defence.</p>

Lesson 2	<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 &amp; 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 &amp; 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 &amp; evaluate shooting techniques and suggest ways to improve.</p>
Lesson 3	<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, e.g. 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. Appreciate the need to make decisions about choice of technique, e.g. 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, e.g. 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. 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. 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>Game Play: Thinking about passing and positioning on court.</p> <p>Discussion of own strengths &amp; areas for improvement.</p>	<p>Assessment Lesson</p> <p>To demonstrate the ability to outwit an opponent in a game</p>
	OAA	OAA	OAA	OAA
Lesson 1	<p>Outdoor Tag/relay game</p> <p>One team in a square with tags on (TAG team),</p> <p>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 queue this repeats until all the Tags are out.</p> <p>Chasers need to strategize how to beat their time and get all the tag team out.</p>	<p>Outdoor Tag/relay game</p> <p>One team in a square with tags on (TAG team),</p> <p>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 queue this repeats until all the Tags are out.</p> <p>Chasers need to strategize how to beat their time and get all the tag team out.</p>	<p>Indoor:</p> <p>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.</p> <p>Noughts &amp; Crosses</p> <p>Rock Paper Scissors</p>	<p>Indoor:</p> <p>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.</p> <p>Noughts &amp; Crosses</p> <p>Rock Paper Scissors</p>
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				time and get all the tag team out.
	OAA	OAA	OAA	OAA
Lesson 1	<p>Outdoor Capture the Flag</p> <p>Introduce the Jail</p> <p>Remind them of roles responsibilities</p> <p>Increase the size of the area e.g. top pitch and bottom pitch.</p>	<p>Outdoor Capture the Flag</p> <p>Introduce the Jail</p> <p>Remind them of roles responsibilities</p> <p>Increase the size of the area e.g. top pitch and bottom pitch.</p>	<ul style="list-style-type: none"> <li>Indoor:</li> </ul> <p>Trust games Blind fold games Sheep Pen students Develop listening skills, verbal skills importance of keeping instructions simple.</p>	<ul style="list-style-type: none"> <li>Indoor:</li> </ul> <p>Trust games Blind fold games Sheep Pen students Develop listening skills, verbal skills importance of keeping instructions simple.</p>
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Lesson 3	<ul style="list-style-type: none"> <li>Outdoor: capture the Flag</li> <li>4 corner version</li> <li>Makes the game faster and students have to be hyper vigilant.</li> </ul>	<ul style="list-style-type: none"> <li>Outdoor: capture the Flag</li> <li>4 corner version</li> <li>Makes the game faster and students have to be hyper vigilant.</li> </ul>	<ul style="list-style-type: none"> <li>Indoor:</li> <li>Blind fold games cont:</li> <li>Look at getting team mates across a mine field of cones.</li> </ul>	<ul style="list-style-type: none"> <li>Indoor:</li> <li>Blind fold games cont:</li> <li>Look at getting team mates across a mine field of cones.</li> </ul>
	OAA	OAA	OAA	OAA

Lesson 1	Indoor/back of sports hall: 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	Indoor/back of sports hall: 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	<ul style="list-style-type: none"> <li>Outdoor: capture the Flag</li> <li>4 corner version</li> <li>Makes the game faster and students have to be hyper vigilant.</li> </ul>	<ul style="list-style-type: none"> <li>Outdoor: capture the Flag</li> <li>4 corner version</li> <li>Makes the game faster and students have to be hyper vigilant.</li> </ul>
Lesson 2	Outdoor:  Hoop game: Rock paper scissors  Noughts and Crosses	Outdoor:  Hoop game: Rock paper scissors  Noughts and Crosses	Indoor/back of sports hall: 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	Indoor/back of sports hall: 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
	Cricket	Athletics	Rounders	Athletics
Lesson 1	Perform a range of fielding techniques including the long barrier. Apply fielding techniques to a pairs cricket game. Evaluate own and others fielding performances.	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.  Apply teaching points to drills and a paired cricket game.  Evaluate own and others batting technique and performance.	Boys: 100m Sprint start & tech	Discus rules to bowling and identify effective technique	Girls: measure javelin
Lesson 3	Perform different ways to run a batsman out.	Boys: javelin	Speed between bases. Recognise how to adjust body position for balls delivered at	Girls: Pacing lesson & 600m

	<p>Apply techniques to drills and a paired cricket game.</p> <p>Evaluate own and others performance.</p>		different heights in small group practices	
	Cricket	Athletics	Rounders	Athletics
Lesson 1	<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 2	<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> <p>Evaluate team's performance and whether or not tactics were successful</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> <p>Help students understand the differences between inner fielding roles and deep field how they can support each other.</p>	Girls: measure Shot Put
Lesson 2	Assessment Lesson & Competition. Evaluate the	Boys: Shot Put	Tournaments:	Girls: baton change overs

	strengths & weaknesses of each team's bowling, batting & Fielding.		Team captains x1 fielding captain x1 batting captain on each team	
Lesson 3	Assessment Lesson & Competition. Evaluate the strengths & weaknesses of each team's bowling, batting & Fielding.	Boys: measure Shot Put	Tournament:  Playing to win, game of two innings see if each team can improve between each innings	Girls: 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.
	Athletics	Softball	Athletics	Cricket
Lesson 1	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.
Lesson 2	Boys: measure Javelin		Girls: 100m Sprint start & tech	Define and demonstrate the bowling technique

				<p>Apply bowling technique to non-competitive and competitive situations.</p> <p>Reflect on performance and suggest ways to improve.</p>
Lesson 3	Boys: Baton Change over & races		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 Shot Put		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: Shot Put & Measure		Girls: baton change overs & races	Assessment Lesson & Competition. Evaluate the strengths & weaknesses of each team's bowling, batting & Fielding.
	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>Perform a range of fielding techniques including the long barrier.</p> <p>Apply fielding techniques to a pairs cricket game.</p>	Demonstrate an appropriate Ready Position and Long Barrier.

		Evaluate own and others fielding performances.	Evaluate own and others fielding performances.	
Lesson 2		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.	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.	Discus rules to bowling and identify effective technique
Lesson 3		Perform different ways to run a batter out.  Apply techniques to drills and a paired cricket game.  Evaluate own and others performance.	Perform different ways to run a batter out.  Apply techniques to drills and a paired cricket game.  Evaluate own and others performance.	Speed between bases. Recognise how to adjust body position for balls delivered at different heights in small group practices
	Softball	Cricket	Cricket	Rounders
Lesson 1		Define and demonstrate the bowling technique  Apply bowling technique to non-competitive and competitive situations.  Reflect on performance and suggest ways to improve.	Define and demonstrate the bowling technique  Apply bowling technique to non-competitive and competitive situations.  Reflect on performance and suggest ways to improve.	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 2		Define the importance of communication when batting.  Apply techniques discussed to paired cricket game  Reflect on performance and suggest ways to improve	Define the importance of communication when batting.  Apply techniques discussed to paired cricket game  Reflect on performance and suggest ways to improve	A good fielder:  Look at decision making 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</p> <p>Help students understand the differences between inner fielding roles and deep field how they can support each other.</p>
Lesson 2		<p>Assessment Lesson &amp; Competition. Evaluate the strengths &amp; weaknesses of each team's bowling, batting &amp; Fielding.</p>	<p>Assessment Lesson &amp; Competition. Evaluate the strengths &amp; weaknesses of each team's bowling, batting &amp; Fielding.</p>	<p>Tournaments:</p> <p>Team captains x1 fielding captain x1 batting captain on each team</p>
Lesson 3		<p>Assessment Lesson &amp; Competition. Evaluate the strengths &amp; weaknesses of each team's bowling, batting &amp; Fielding.</p>	<p>Assessment Lesson &amp; Competition. Evaluate the strengths &amp; weaknesses of each team's bowling, batting &amp; Fielding.</p>	<p>Tournament:</p> <p>Playing to win, game of two innings see if each team can improve between each innings</p>