

| Year 11  | Male learning Intentions set 1  | Male learning Intentions set 2   | Female learning Intentions set 1  | Female learning Intentions set 2  |
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| Week 1   | Football  | Table Tennis   | Netball   | Football  |
| Lesson 1 | To demonstrate different types of passes in practise i.e. lofted, driven.<br>To be able to outwit opponents with a variety of passes.<br>To be able to perform these passes in a full sided game.   | To perform and replicate a legal table tennis serve with control and accuracy.<br>To develop the skill of outwitting an opponent using a variety of serves.<br>To be able to accurately replicate a variety of shots, implementing basic strategies and tactics. | To be able to confidently perform with accuracy, pivots and stops when passing, receiving, and moving forward, back and to the sides. | To demonstrate different types of passes in practise i.e. lofted, driven.<br>To be able to outwit opponents with a variety of passes.<br>To be able to perform these passes in a full sided game.   |
| Lesson 2 | To be able to outwit opponents using different types of skill and deceit. E.g. dummies & step overs at speed.<br><br>Demonstrate knowledge of when to use them in a game.<br><br>To develop strategic and tactical play in a full sided game.                                   | To be able to accurately replicate a forehand topspin shot in a game.<br>To understand the importance of movement and preparation for an effective forehand shot.<br>To understand how to adjust shot selection based on opponents positioning.                  | To be able to confidently perform with accuracy, the signal used in Netball   | To be able to outwit opponents using different types of skill and deceit. E.g. dummies & step overs at speed.<br><br>Demonstrate knowledge of when to use them in a game.<br><br>To develop strategic and tactical play in a full sided game.                                   |
| Week 2   | Football cont'd   | Table Tennis Cont'd  | Netball Cont'd  | Football cont'd   |
| Lesson 1 | To perform a variety of shooting techniques on goal. i.e. low drive, chip, half volley and volley.<br>To appreciate how to adjust shot selection based on goalkeepers positioning.<br>To be able to assess & evaluate shooting techniques and suggest ways to improve to peers. | To be able to accurately replicate a Backhand topspin shot in a game.<br>To understand the importance of movement and preparation for an effective backhand shot.<br>To understand how to adjust shot selection based on opponents positioning.                  | To confidently perform with accuracy, at speed, height, distance, strength or accuracy when passing and receiving on the move         | To perform a variety of shooting techniques on goal. i.e. low drive, chip, half volley and volley.<br>To appreciate how to adjust shot selection based on goalkeepers positioning.<br>To be able to assess & evaluate shooting techniques and suggest ways to improve to peers. |
| Week 3   | Football cont'd   | Table Tennis Cont'd  | Netball Cont'd  | Football cont'd   |
| Lesson 1 | To perform set plays & crosses using varying height, speed and positioning.   | To understand and develop the use of spin and shot selection.  | Begin to understand the Umpiring role in netball: Positioning,  | To perform set plays & crosses using varying height, speed and positioning.   |

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|          | <p>To develop creativity in developing new strategies from corner kicks in attack and defence.</p> <p>To understand techniques to stop opponents outwitting them i.e. goal side, man to man tactics.</p> <p>To incorporate corner kicks, goalkeeping, defending and attacking strategies in full sided games.</p> | <p>To understand the tactics and movement patterns in singles.</p> <p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.</p> <p>To demonstrate a variety of tactics based on the movements of others and the ball.</p> | <p>Signals, Responsibilities, Sanctions</p>  | <p>To develop creativity in developing new strategies from corner kicks in attack and defence.</p> <p>To understand techniques to stop opponents outwitting them i.e. goal side, man to man tactics.</p> <p>To incorporate corner kicks, goalkeeping, defending and attacking strategies in full sided games.</p> |
| Lesson 2 | <p>Game Play</p> <p>Students ref/ump games</p> <p>Students manage own teams</p>   | <p>Game Play</p> <p>Students ref/ump games</p> <p>Students manage own teams</p>   | <p>Game Play</p> <p>Students ref/ump games</p> <p>Students manage own teams</p>  | <p>Game Play</p> <p>Students ref/ump games</p> <p>Students manage own teams</p>   |
| Week 4   | Football  | Table Tennis  | Netball  | Football  |
| Lesson 1 | <p>Game Play</p> <p>Students ref/ump games</p> <p>Students manage own teams</p>   | <p>Game Play</p> <p>Students ref/ump games</p> <p>Students manage own teams/pairs</p>   | <p>Game Play</p> <p>Students ref/ump games</p> <p>Students manage own teams</p>  | <p>Game Play</p> <p>Students ref/ump games</p> <p>Students manage own teams</p>   |
| Week 5   | Table tennis  | Football  | Football   | Netball   |
| Lesson 1 | <p>To perform and replicate a legal table tennis serve with control and accuracy.</p> <p>To develop the skill of outwitting an opponent using a variety of serves.</p> <p>To be able to accurately replicate a variety of shots, implementing basic strategies and tactics.</p>                                   | <p>To demonstrate different types of passes in practise i.e. lofted, driven.</p> <p>To be able to outwit opponents with a variety of passes.</p> <p>To be able to perform these passes in a full sided game.</p>  | <p>To demonstrate different types of passes in practise i.e. lofted, driven.</p> <p>To be able to outwit opponents with a variety of passes.</p> <p>To be able to perform these passes in a full sided game.</p> | <p>To be able to confidently perform with accuracy, pivots and stops when passing, receiving, and moving forward, back and to the sides.</p>  |
| Lesson 2 | <p>To be able to accurately replicate a forehand topspin shot in a game.</p> <p>To understand the importance of movement and preparation for an effective forehand shot.</p>  | <p>To be able to outwit opponents using different types of skill and deceit. E.g. dummies &amp; step overs at speed.</p> <p>Demonstrate knowledge of when to use them in a game.</p>  | <p>To be able to outwit opponents using different types of skill and deceit. E.g. dummies &amp; step overs at speed.</p> <p>Demonstrate knowledge of when to use them in a game.</p>                             | <p>To be able to confidently perform with accuracy, the signal used in Netball</p>  |

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|          | To understand how to adjust shot selection based on opponents positioning.   | To develop strategic and tactical play in a full sided game.  | To develop strategic and tactical play in a full sided game.  |   |
| Week 6   | Table Tennis   | Football  | Football  | Netball   |
| Lesson 1 | To be able to accurately replicate a Backhand topspin shot in a game.<br>To understand the importance of movement and preparation for an effective backhand shot.<br>To understand how to adjust shot selection based on opponents positioning.  | To perform a variety of shooting techniques on goal. i.e. low drive, chip, half volley and volley.<br>To appreciate how to adjust shot selection based on goalkeepers positioning.<br>To be able to assess & evaluate shooting techniques and suggest ways to improve to peers.   | To perform a variety of shooting techniques on goal. i.e. low drive, chip, half volley and volley.<br>To appreciate how to adjust shot selection based on goalkeepers positioning.<br>To be able to assess & evaluate shooting techniques and suggest ways to improve to peers.   | To confidently perform with accuracy, at speed, height, distance, strength or accuracy when passing and receiving on the move |
| Week 7   | Table Tennis   | Football  | Football  | Netball   |
| Lesson 1 | To understand and develop the use of spin and shot selection.<br>To understand the tactics and movement patterns in singles.<br>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.<br>To demonstrate a variety of tactics based on the movements of others and the ball | To perform set plays & crosses using varying height, speed and positioning.<br>To develop creativity in developing new strategies from corner kicks in attack and defence.<br>To understand techniques to stop opponents outwitting them i.e. goal side, man to man tactics.<br>To incorporate corner kicks, goalkeeping, defending and attacking strategies in full sided games. | To perform set plays & crosses using varying height, speed and positioning.<br>To develop creativity in developing new strategies from corner kicks in attack and defence.<br>To understand techniques to stop opponents outwitting them i.e. goal side, man to man tactics.<br>To incorporate corner kicks, goalkeeping, defending and attacking strategies in full sided games. | Begin to understand the Umpiring role in netball: Positioning, Signals, Responsibilities, Sanctions                           |
| Lesson 2 | Game Play Lesson:<br><br>Ladder Tournament<br>Students move up and down the ladder.  | Game Play lesson:<br><br>Mini tournament<br>Students will be expected to manage their own team making   | Game Play lesson:<br><br>Mini tournament<br>Students will be expected to manage their own team making   | Game Play<br><br>Students ref/ump games<br>Students manage own teams  |

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|          | They are expected to keep score themselves.  | adjustments to positioning etc they will be able to justify why.  | adjustments to positioning etc they will be able to justify why.   |  |
| Week 8   | Basketball   | Handball  | Uni Hoc  | Fitness  |
| Lesson 1 | <p>To be able to use either hand to dribble and score.</p> <p>To be able to outwit opponents using techniques at speed and with accuracy.</p> <p>To develop and implement strategic and tactical play.</p>   | <p>Participants to understand the rules.</p> <p>How handball is played and to find success from transition play.</p> <ul style="list-style-type: none"> <li>• Play Beginner Handball.</li> <li>• Start with a 2 or 3 rules – usually goalkeeping area, no deliberate contact and you must run when you have the ball – 2/3 steps to begin.</li> <li>• Introduce new rules as the game goes on.</li> </ul> | <p>Receiving the Ball:</p> <p>Recap lesson of passing and receiving/fundamental skills</p> <p>Receiving the ball/puck: meeting the puck, letting the puck/ball come across the body.</p> | <p>To be able to plan a component of fitness that students would like to improve (Muscular endurance – circuit training/interval training/weight training)</p>                     |
| Week 9   | Basketball   | Handball  | Uni Hoc  | Fitness  |
| Lesson 1 | <p>To be able to replicate strategies for attack. i.e. screens, posts.</p> <p>To understand the benefits of using strategic and tactical plans to produce a successful attack.</p> <p>To appreciate the need to make adjustments and adaptations when performing in order to outwit opponents.</p> | <p>Playing Mini Handball with an overload in attack.</p> <p>Tactical awareness of adding width to the game.</p> <p>Initial positioning understanding (small sided games).</p> <ul style="list-style-type: none"> <li>• Game conditions;</li> <li>• 3 steps, 1 bounce, 3 steps</li> <li>• 3 seconds on the ball</li> </ul>   | <p>Shooting from a short corner:</p> <p>Looking at the injector</p> <p>Looking at the stop and hit</p> <p>Defending a short corner</p>   | <p>To know what circuit training is</p> <p>To understand how to deliver circuit training</p>   |
| Lesson 2 | <p>To be able to replicate shooting core skills.</p> <p>To understand the need to create space to shoot and begin to work on this in a game situation.</p> <p>To demonstrate an ability to analyse performances with sound/accurate information.</p>   | <p>Introduce the concepts of defence – Blocking -Stealing -Intercepting – Tackling.</p> <p>Start immediately playing handball (full game of small sided game).</p> <p>Set the conditions you want i.e. 3 steps, 1 bounce 3 steps. Don't be afraid to break the rules of the game to set a condition to achieve success from students.</p>   | <p>Team Formations:</p> <p>Increase the roles on the team looking at Inners, Wings, sweeper, centre forward, left back, right back.</p>  | <p>To know and understand the different components of fitness that circuit training may work on.</p> <p>To know the difference between aerobic training and anaerobic training</p> |

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| Week 10  | Basketball  | Handball  | Uni Hoc  | Fitness  |
| Lesson 1 | <p>To understand and perform attacking movements as a unit incorporating the use of width and speed.</p> <p>To be able to perform angled runs to create opportunity to outwit opponents.</p> <p>To be able to evaluate how well it has been achieved and find ways to improve strategies.</p>   | <p>Decision making in game like situations –</p> <p>Attack (over loading – gaining success)</p> <p>Defence (applying pressure, forcing errors, protecting the middle of the goal – gaining success)</p> <p>Game intelligence from students: adding width, playing with a pivot or when to tackle/intercept/block.</p> | <p>Game Play:</p> <p>Applying formations</p> <p>Applying shooting skills</p> <p>1 touch play</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> |
| Week 11  | Handball  | Basketball  | Fitness  | Uni Hoc  |
| Lesson 1 | <p>Participants to understand the rules.</p> <p>How handball is played and to find success from transition play.</p> <ul style="list-style-type: none"> <li>• Play Beginner Handball.</li> <li>• Start with a 2 or 3 rules – usually goalkeeping area, no deliberate contact and you must run when you have the ball – 2/3 steps to begin.</li> <li>• Introduce new rules as the game goes on.</li> </ul> | <p>To be able to use either hand to dribble and score.</p> <p>To be able to outwit opponents using techniques at speed and with accuracy.</p> <p>To develop and implement strategic and tactical play.</p>  | <p>To be able to plan a component of fitness that students would like to improve (Muscular endurance – circuit training/interval training/weight training)</p> | <p>Receiving the Ball:</p> <p>Recap lesson of passing and receiving/fundamental skills</p> <p>Receiving the ball/puck: meeting the puck, letting the puck/ball come across the body.</p>   |
| Lesson 2 | <p>Playing Mini Handball with an overload in attack.</p> <p>Tactical awareness of adding width to the game.</p> <p>Initial positioning understanding (small sided games).</p> <ul style="list-style-type: none"> <li>• Game conditions; • 3 steps, 1 bounce, 3 steps • 3 seconds on the ball</li> </ul>   | <p>To be able to replicate strategies for attack. i.e. screens, posts.</p> <p>To understand the benefits of using strategic and tactical plans to produce a successful attack.</p> <p>To appreciate the need to make adjustments and adaptations when performing in order to outwit opponents.</p>                    | <p>To know what circuit training is</p> <p>To understand how to deliver circuit training</p>   | <p>Shooting from a short corner:</p> <p>Looking at the injector</p> <p>Looking at the stop and hit</p> <p>Defending a short corner</p>   |
| Week 12  | Handball  | Basketball  | Fitness  | Uni Hoc  |

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| Lesson 1     | <p>Introduce the concepts of defence – Blocking -Stealing - Intercepting –Tackling.<br/>Start immediately playing handball (full game of small sided game).<br/>Set the conditions you want i.e. 3 steps, 1 bounce 3 steps. Don't be afraid to break the rules of the game to set a condition to achieve success from students.</p> | <p>To be able to replicate shooting core skills.<br/>To understand the need to create space to shoot and begin to work on this in a game situation.<br/>To demonstrate an ability to analyse performances with sound/accurate information.</p>  | <p>To know and understand the different components of fitness that circuit training may work on.<br/>To know the difference between aerobic training and anaerobic training</p>   | <p>Team Formations:<br/>Increase the roles on the team looking at Inners, Wings, sweeper, centre forward, left back, right back.</p> |
| Week 13 & 14 | Handball  | Basketball  | Fitness   | Uni Hoc  |
| Lesson 1     | <p>Decision making in game like situations –<br/>Attack (over loading – gaining success)<br/>Defence (applying pressure, forcing errors, protecting the middle of the goal – gaining success)<br/>Game intelligence from students: adding width, playing with a pivot or when to tackle/intercept/block.</p>                        | <p>To understand and perform attacking movements as a unit incorporating the use of width and speed.<br/>To be able to perform angled runs to create opportunity to outwit opponents.<br/>To be able to evaluate how well it has been achieved and find ways to improve strategies.</p> | <p>To know what interval training is<br/>To understand how to deliver interval training<br/>To know and understand the different components of fitness that interval training may work on.<br/>To know the difference between aerobic training and anaerobic training</p> | <p>Game Play:<br/>Applying formations<br/>Applying shooting skills<br/>1 touch play</p>  |
| Lesson 2     | <p>Game Play:<br/><br/>Mini tournament<br/>Students involved in refereeing<br/>Students manage own teams</p>  | <p>Game play:<br/><br/>Mini tournament<br/>Students involved in refereeing<br/>Students manage own teams</p>  | <p>Internet<br/><br/>Students will use the internet to access different kinds of fitness classes and just dance to show what they can access at home.</p>   | <p>Game play:<br/><br/>Mini tournament<br/>Students involved in refereeing<br/>Students manage own teams</p>                         |