

7 North & 7 South	Male learning Intentions set 1	Male learning Intentions set 2	Female learning Intentions set 1	Female learning Intentions set 2
Week 1	Fitness & Fundamental Skills	Fitness & Fundamental Skills	Fitness & Fundamental Skills	Fitness & Fundamental Skills
Lesson 1	<p>12min Cooper Run</p> <p>Baseline fitness test to measure all students basic level of cardiovascular Fitness</p> <p>Score to be recorded and Repeated at the end of the 4 week Block.</p>	<p>12min Cooper Run</p> <p>Baseline fitness test to measure all students basic level of cardiovascular Fitness</p> <p>Score to be recorded and Repeated at the end of the 4 week Block.</p>	<p>12min Cooper Run</p> <p>Baseline fitness test to measure all students basic level of cardiovascular Fitness</p> <p>Score to be recorded and Repeated at the end of the 4 week Block.</p>	<p>12min Cooper Run</p> <p>Baseline fitness test to measure all students basic level of cardiovascular Fitness</p> <p>Score to be recorded and Repeated at the end of the 4 week Block.</p>
Lesson 2	<p>Relay Races</p> <p>Basic Running relays with extra exercises e.g. burpee, star jump, heel flicks, high knees, spotty dogs</p> <p>Interval training</p>	<p>Relay Races</p> <p>Basic Running relays with extra exercises e.g. burpee, star jump, heel flicks, high knees, spotty dogs</p> <p>Interval training</p>	<p>Australian Relays</p> <p>X4 teams working together to try and catch the other teams.</p> <p>Interval Training</p>	<p>Australian Relays</p> <p>X4 teams working together to try and catch the other teams.</p> <p>Interval Training.</p>
Lesson 3	<p>Australian Relays</p> <p>X4 teams working together to try and catch the other teams.</p> <p>Interval Training</p>	<p>Australian Relays</p> <p>X4 teams working together to try and catch the other teams.</p> <p>Interval Training</p>	<p>Relay Races</p> <p>Basic Running relays with extra exercises e.g. burpee, star jump, heel flicks, high knees, spotty dogs</p> <p>Interval training</p>	<p>Relay Races</p> <p>Basic Running relays with extra exercises e.g. burpee, star jump, heel flicks, high knees, spotty dogs</p> <p>Interval training</p>
Week 2	Fitness & Fundamental Skills	Fitness & Fundamental Skills	Fitness & Fundamental Skills	Fitness & Fundamental Skills
Lesson 1	<p>Football skills & Cardio vascular training.</p> <p>Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap. Circle drills.</p>	<p>Football skills & Cardio vascular training.</p> <p>Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap. Circle drills.</p>	<p>Netball Skills & Cardio vascular Fitness</p> <p>Relays using the netball: running keeping the ball in the air, Run and pass against the wall, circle drills.</p>	<p>Netball Skills & Cardio vascular Fitness</p> <p>Relays using the netball: running keeping the ball in the air, Run and pass against the wall, circle drills.</p>

Lesson 2	Basketball Drills & cardio Vascular Training Dribbling, Keeping the ball in the air, Dribble and shoot, circle drills, passing against the wall.	Basketball drills & cardio Vascular Training Dribbling, Keeping the ball in the air, Dribble and shoot, circle drills, passing against the wall.	Football skills & Cardio vascular training. Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap. Circle drills.	Football skills & Cardio vascular training. Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap. Circle drills.
Week 3	Fitness & Fundamental Skills	Fitness & Fundamental Skills	Fitness & Fundamental Skills	Fitness & Fundamental Skills
Lesson 1	Cardio Circuit 2 mins each station & repeat Jogging Skipping Star Jumps Step ups	Strength Circuit 2mins each station & Repeat Sit ups Burpees Plank Squats against the wall	Cardio Circuit 2mins each station & repeat Jogging Skipping Star Jumps Step ups	Strength Circuit 2mins each station & Repeat Sit ups Burpees Plank Squats against the wall
Lesson 2	Strength Circuit 2mins each station & Repeat Sit ups Burpees Plank Squats against the wall	Cardio Circuit 2 mins each station & repeat Jogging Skipping Star Jumps Step ups	Strength Circuit 2mins each station & Repeat Sit ups Burpees Plank Squats against the wall	Cardio Circuit 2 mins each station & repeat Jogging Skipping Star Jumps Step ups
Lesson 3	Rugby Fitness drills Ball handling Relays Circle drills Passing and moving down the line	Rugby Fitness drills Ball handling Relays Circle drills Passing and moving down the line	Basketball Fitness Drills Dribbling, Keeping the ball in the air, Dribble and shoot, circle drills, passing against the wall.	Basketball Fitness Drills Dribbling, Keeping the ball in the air, Dribble and shoot, circle drills, passing against the wall.
Week 4	Football	Table Tennis	Netball	Rugby
Lesson 1	To be able to perform and accurately replicate different types of dribbling. To be able to outwit opponents with the combination of turns and dribbling. To be able to perform techniques in a small sided game making	To perform and replicate a legal table tennis serve. To be able to accurately replicate a variety of shots, including backhand push and serve. To understand the scoring and rotation needed for doubles games.	Perform the basic land and pivot Footwork principle Passing the ball to a moving player. Footwork on the move catching and landing.	Intro passing & receiving/ 2 vs 1 To be able to perform basic passing & receiving with accuracy. To understand the rules regarding the pass and catching the ball (i.e. backwards pass and knock-ons). To perform skills in a small sided game making decisions about how best to advance on opposition.

	decisions about how best to advance on opposition.			
Lesson 2	To understand the basic positions required in a football team. To know the importance of width and playing into space in order to attack. To develop strategic and tactical play.	To be able to replicate a basic forehand push. To begin to develop strategic and tactical play during a rally. To confidently score a game of doubles.	Positions on the court Knowing the off-side rule	Passing/Use of width. To understand the importance of width in order to attack. To demonstrate an understanding of the basic rules i.e. no backwards pass + how to score a try.

Week 5	Football	Table Tennis	Netball	Rugby
Lesson 1	To understand the basic positions required in a football team. To know the importance of width and playing into space in order to attack. To develop strategic and tactical play.	To be able to replicate a basic forehand push. To begin to develop strategic and tactical play during a rally. To confidently score a game of doubles.	Principles of attack: moving into a space. Importance of Possession: passing and moving.	Passing/Use of width. To understand the importance of width in order to attack. To demonstrate an understanding of the basic rules i.e. no backwards pass + how to score a try.
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 be able to accurately replicate a forehand topspin shot. To understand the importance of movement and preparation for an effective forehand shot. To understand how to adjust shot selection based on opponents positioning.	Principles of defence: What skills do defenders need. Shadowing & tracking a player	Tackling technique To develop their understanding and knowledge of how to tackle safely. To perform and accurately replicate the correct techniques for front and side tackles. To understand the rules regarding tackling within the game. i.e. No high tackling. To be able to evaluate tackling technique and 2 v 1 situation suggesting ways to improve.
Lesson 3	To develop their understanding and knowledge of how to control the ball correctly. To perform the different types of control e.g. chest, thigh.	To develop their understanding and knowledge of basic outwitting strategies. To understand and develop the use of spin and shot selection.	Game Play: being able to play in more than one position. Focus upon Footwork and the rules regarding this skill	Passing on the move in the line Working as a unit to bring the ball down the pitch. Looking at changing the direction of the ball.

	Appreciate the need to make decisions about choice of technique, e.g. Get in line early, judge the height of the ball.	To understand the double tactics and movement patterns.		
Week 6	Football	Table Tennis	Netball	Rugby
Lesson 1	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 develop their understanding and knowledge of the rules of singles matches. To understand and develop the use of spin and shot selection. To understand the tactics and movement patterns in singles.	Game Play: being able to play in more than one position. Discussion of own strengths & areas for improvement. Teacher assessment.	Defensive line: How to move back to avoid being offside Be able to spot potential gaps within the defensive line.
Lesson 2	Assessment Lesson To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in football.	Assessment Lesson To demonstrate the ability to outwit an opponent in a game situation. To know and use the different types of shots.	Game Play: being able to play in more than one position. Discussion of own strengths & areas for improvement.	Attacking/outwitting an opponent To develop the decision making process in a game situation. To confidently describe the rules and laws of rugby league. To begin to recognize and identify strengths and weaknesses when playing small sided games
Week 7	Football	Table Tennis	Netball	Rugby
Lesson 1	Recap Lesson: Teacher will re-focus upon any of the learning criteria that is needed for that group before the assessment lesson.	Recap Lesson: Teacher will re-focus upon any of the learning criteria that is needed for that group before the assessment lesson.	Recap Lesson: Teacher will re-focus upon any of the learning criteria that is needed for that group before the assessment lesson.	Recap lesson: Teacher will re-focus upon any of the learning criteria that is needed for that group before the assessment lesson.
Lesson 2	Teacher Assessment Lesson	Teacher Assessment Lesson	Teacher Assessment Lesson	Teacher Assessment Lesson
Week 8	Badminton	Badminton	Uni Hoc	Table Tennis
Lesson 1	Badminton	Badminton	Introduction to the game.	To be able to demonstrate & use the correct grip.

	<ul style="list-style-type: none"> To know how to set up a badminton court. To know about the different resources required for a badminton game. To know and understand the basic grip and handle skill. To be able to keep a rally. 	<ul style="list-style-type: none"> To know how to set up a badminton court. To know about the different resources required for a badminton game. To know and understand the basic grip and handle skill. To be able to keep a rally. 	<p>Equipment and safety introduction: how to hold the stick, how to control the stick, rules about hitting the ball/Puck etc.</p> <p>Ready Position: whole group running on whistle get into ready position. Last one ready out.</p> <p>Dribbling: basic technique. Dribbling across width between cones in 4's. Gradually make the distance longer. Look at change over technique e.g. how to pick the ball/Puck from your partner.</p>	<p>To be able to accurately replicate a basic backhand push shot.</p> <p>To understand the basic scoring and rules.</p>
Lesson 2	<p>Badminton</p> <ul style="list-style-type: none"> To introduce and understand the ready position in badminton. To know the court dimensions for both singles games and doubles games. To know and understand the basic singles and doubles rules. To know and understand the badminton scoring system. 	<p>Badminton</p> <ul style="list-style-type: none"> To introduce and understand the ready position in badminton. To know the court dimensions for both singles games and doubles games. To know and understand the basic singles and doubles rules. To know and understand the badminton scoring system. 	<p>Dribbling control.</p> <p>Progression: Vision Looking up: as dribble towards partner look up Progression: dribble & push Opposite partners in 4's cone on middle when reach the cone push to partner. Take ball/puck for a walk passing ball between each other. Game: 3v1 No tackling just intercepting the ball, try and make as many passes as you can using good vision.</p>	<p>To perform and replicate a legal table tennis serve.</p> <p>To be able to accurately replicate a variety of shots, including backhand push and serve.</p> <p>To understand the scoring and rotation needed for doubles games.</p>
Lesson3	<p>Badminton</p> <ul style="list-style-type: none"> To know the teaching points for the 	<p>Badminton</p> <ul style="list-style-type: none"> To know the teaching points for the backhand serve in badminton. 	<p>Pass and go: Getting feet around the ball: Passing down the court in pairs Passing and moving in small groups.</p>	<p>To be able to replicate a basic forehand push.</p> <p>To begin to develop strategic and tactical play during a rally.</p> <p>To confidently score a game of doubles.</p>

	<p>backhand serve in badminton.</p> <ul style="list-style-type: none"> To be able to perform the backhand serve in isolation. To be able to perform the backhand serve in a conditioned practice. To be able to perform the backhand serve in a competitive game. 	<ul style="list-style-type: none"> To be able to perform the backhand serve in isolation. To be able to perform the backhand serve in a conditioned practice. To be able to perform the backhand serve in a competitive game. 	<p>Game 3v1: X1 defender: In playing area have small coned goals dotted around players have to try and work the ball through a goal to score.</p>	
Week 9	Badminton	Badminton	Uni Hoc	Table Tennis
Lesson 1	<p>Badminton</p> <ul style="list-style-type: none"> To know the teaching points for the forehand serve in badminton. To be able to perform the forehand serve in isolation. To be able to perform the forehand serve in a conditioned practice. To be able to perform the forehand serve in a competitive game. 	<p>Badminton</p> <ul style="list-style-type: none"> To know the teaching points for the forehand serve in badminton. To be able to perform the forehand serve in isolation. To be able to perform the forehand serve in a conditioned practice. To be able to perform the forehand serve in a competitive game. 	<p>Possession: Focus upon control and stopping the ball/puck 2 touch passing 3v1 game: How many passes before lose possession. Progression: 3v1 game: aim to dribble the ball with control over the line to score a point.</p>	<p>To be able to accurately replicate a forehand topspin shot. To understand the importance of movement and preparation for an effective forehand shot. To understand how to adjust shot selection based on opponents positioning.</p>
Lesson 2	<p>Badminton</p> <ul style="list-style-type: none"> To know the teaching points for the overhead clear. To be able to perform the overhead clear. 	<p>Badminton</p> <ul style="list-style-type: none"> To know the teaching points for the overhead clear. To be able to perform the overhead clear. 	<p>To develop their understanding and knowledge of basic outwitting strategies. To understand and develop the use of spin and shot selection. To understand the double tactics and movement patterns.</p>	<p>Vision & possession Pairs passing to each other through a gate/target. Hockey Tennis in groups of 4 (2v2). Small coned area. Aim to keep the ball in the court and keep possession. One ½ of pair on each side of the net. (coned line) Encourage use of</p>

	<ul style="list-style-type: none"> To be able to perform the overhead clear in isolation. To be able to perform the overhead clear in a conditioned practice. To be able to perform the overhead clear in a competitive game. 	<ul style="list-style-type: none"> To be able to perform the overhead clear in isolation. To be able to perform the overhead clear in a conditioned practice. To be able to perform the overhead clear in a competitive game. 		angles, pushing to non-stick side of opponents and looking for gaps. Small sided game – no tackling – must pass ball to progress around the pitch.
Week 10	Badminton	Badminton	Uni Hoc	Table Tennis
Lesson 1	<p>Badminton</p> <ul style="list-style-type: none"> To know the teaching points for the net shot/net play. To be able to perform the net shot/net play. To be able to perform the net shot/net play in isolation. To be able to perform the net shot/net play in a conditioned practice. <p>To be able to perform the net shot/net play in a competitive game.</p>	<p>Badminton</p> <ul style="list-style-type: none"> To know the teaching points for the net shot/net play. To be able to perform the net shot/net play. To be able to perform the net shot/net play in isolation. To be able to perform the net shot/net play in a conditioned practice. <p>To be able to perform the net shot/net play in a competitive game.</p>	<p>Game Play:</p> <p>Focus upon Passing and Vision.</p> <p>No tackling</p> <p>Make sure there is 2 touch hockey going on.</p>	<p>To develop their understanding and knowledge of the rules of singles matches.</p> <p>To understand and develop the use of spin and shot selection.</p> <p>To understand the tactics and movement patterns in singles.</p>
Lesson 2	<p>Game Play:</p> <p>Mini Tournaments</p> <p>Encouraging students to challenge themselves against a wider variety of classmates</p>	<p>Game Play:</p> <p>Mini Tournaments</p> <p>Encouraging students to challenge themselves against a wider variety of classmates</p>	<p>Game Play:</p> <p>Focus upon Passing and Vision.</p> <p>No tackling</p> <p>Make sure there is 2 touch hockey going on.</p>	<p>To develop their understanding and knowledge of the rules of singles matches.</p> <p>To understand and develop the use of spin and shot selection.</p> <p>To understand the tactics and movement patterns in singles.</p>
Lesson 3	<p>Badminton</p> <ul style="list-style-type: none"> Assessment Lesson 	<p>Badminton</p> <ul style="list-style-type: none"> Assessment Lesson 	Teacher Assessment	Teacher Assessment

	<ul style="list-style-type: none"> Know and apply the basic rules of Badminton <p>Demonstrate how to score correctly in singles.</p>	<ul style="list-style-type: none"> Know and apply the basic rules of Badminton <p>Demonstrate how to score correctly in singles.</p>		
Week 11	Handball	Handball	Table Tennis	Uni Hoc
Lesson 1	<p>To be able to perform fundamental handball handling skills.</p> <p>To be able to perform these in a small sided game to maintain possession.</p> <p>To develop their understanding and knowledge of the basic rules of Handball.</p>	<p>To be able to perform fundamental handball handling skills.</p> <p>To be able to perform these in a small sided game to maintain possession.</p> <p>To develop their understanding and knowledge of the basic rules of Handball.</p>	<p>To be able to demonstrate & use the correct grip.</p> <p>To be able to accurately replicate a basic backhand push shot.</p> <p>To understand the basic scoring and rules.</p>	<p>Introduction to the game.</p> <p>Equipment and safety introduction: how to hold the stick, how to control the stick, rules about hitting the ball/Puck etc.</p> <p>Ready Position: whole group running on whistle get into ready position. Last one ready out.</p> <p>Dribbling: basic technique. Dribbling across width between cones in 4's. Gradually make the distance longer. Look at change over technique e.g. how to pick the ball/Puck from your partner.</p>
Lesson 2	<p>To be able to perform basic passing & receiving with accuracy.</p> <p>To be able to outwit opponents with the use of these techniques.</p> <p>To understand the rules regarding the pass and catching the ball.</p> <p>To perform skills in a small sided game making decisions about how best to advance on opposition.</p>	<p>To be able to perform basic passing & receiving with accuracy.</p> <p>To be able to outwit opponents with the use of these techniques.</p> <p>To understand the rules regarding the pass and catching the ball.</p> <p>To perform skills in a small sided game making decisions about how best to advance on opposition.</p>	<p>To perform and replicate a legal table tennis serve.</p> <p>To be able to accurately replicate a variety of shots, including backhand push and serve.</p> <p>To understand the scoring and rotation needed for doubles games.</p>	<p>Dribbling control.</p> <p>Progression: Vision</p> <p>Looking up: as dribble towards partner look up</p> <p>Progression: dribble & push</p> <p>Opposite partners in 4's cone on middle when reach the cone push to partner.</p> <p>Take ball/puck for a walk passing ball between each other.</p> <p>Game: 3v1 No tackling just intercepting the ball, try and make as many passes as you can using good vision.</p>
Week 12	Handball	Handball	Table tennis	Uni Hoc
Lesson 1	<p>To be able to outwit opponents using learnt skills and techniques.</p> <p>To understand the importance of width in order to attack.</p> <p>To demonstrate an understanding of the basic rules.</p>	<p>To be able to outwit opponents using learnt skills and techniques.</p> <p>To understand the importance of width in order to attack.</p> <p>To demonstrate an understanding of the basic rules.</p>	<p>To be able to replicate a basic forehand push.</p> <p>To begin to develop strategic and tactical play during a rally.</p> <p>To confidently score a game of doubles.</p>	<p>Pass and go:</p> <p>Getting feet around the ball:</p> <p>Passing down the court in pairs</p> <p>Passing and moving in small groups.</p> <p>Game 3v1:</p>

	To develop their understanding of strategic and tactical play in handball to beat and outwit an opponent.	To develop their understanding of strategic and tactical play in handball to beat and outwit an opponent.		X1 defender: In playing area have small coned goals dotted around players have to try and work the ball through a goal to score.
Lesson 2	Defending technique To develop their understanding and knowledge of how to defend. To perform and accurately replicate the correct techniques for front and side blocking. To understand the rules regarding defending within the game.	Defending technique To develop their understanding and knowledge of how to defend. To perform and accurately replicate the correct techniques for front and side blocking. To understand the rules regarding defending within the game.	To be able to accurately replicate a forehand topspin shot. To understand the importance of movement and preparation for an effective forehand shot. To understand how to adjust shot selection based on opponents positioning.	Possession: Focus upon control and stopping the ball/puck 2 touch passing 3v1 game: How many passes before lose possession. Progression: 3v1 game: aim to dribble the ball with control over the line to score a point.
Lesson 3	To be able to outwit opponents using learnt skills and techniques. To develop the decision making process in a game situation. To confidently describe the rules and laws of handball. To begin to recognize and identify strengths and weaknesses when playing small sided games	To be able to outwit opponents using learnt skills and techniques. To develop the decision making process in a game situation. To confidently describe the rules and laws of handball. To begin to recognize and identify strengths and weaknesses when playing small sided games	Vision & possession Pairs passing to each other through a gate/target. Hockey Tennis in groups of 4 (2v2). Small coned area. Aim to keep the ball in the court and keep possession. One ½ of pair on each side of the net. (coned line) Encourage use of angles, pushing to non-stick side of opponents and looking for gaps. Small sided game – no tackling – must pass ball to progress around the pitch.	To develop their understanding and knowledge of basic outwitting strategies. To understand and develop the use of spin and shot selection. To understand the double tactics and movement patterns.
Week 13	Handball	Handball	Table Tennis	Uni Hoc
Lesson 1	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in handball	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in handball	To develop their understanding and knowledge of the rules of singles matches. To understand and develop the use of spin and shot selection. To understand the tactics and movement patterns in singles.	Game Play: Focus upon Passing and Vision. No tackling Make sure there is 2 touch hockey going on.

Lesson 2	<p>Begin to introduce basic tactics of handball e.g. the fast break and leaving a defender at the top of the GK area.</p> <p>Carry out a specific role within invasion games i.e. performer, leader/coach, and official.</p> <p>Show greater understanding of the rules and tactics required in handball.</p> <p>Show understanding of how involvement in handball can help in leading healthy and active lifestyles.</p>	<p>Begin to introduce basic tactics of handball e.g. the fast break and leaving a defender at the top of the GK area.</p> <p>Carry out a specific role within invasion games i.e. performer, leader/coach, and official.</p> <p>Show greater understanding of the rules and tactics required in handball.</p> <p>Show understanding of how involvement in handball can help in leading healthy and active lifestyles.</p>	<p>To develop their understanding and knowledge of the rules of singles matches.</p> <p>To understand and develop the use of spin and shot selection.</p> <p>To understand the tactics and movement patterns in singles.</p>	<p>Game Play:</p> <p>Focus upon Passing and Vision.</p> <p>No tackling</p> <p>Make sure there is 2 touch hockey going on.</p>
Week 14			Table Tennis	Uni Hoc
Lesson 1	Teacher Assessment	Teacher Assessment	Teacher Assessment	Teacher Assessment
Lesson 2	<p>This week students will be focused upon playing competitive games.</p> <p>Potential to have mini tournaments with the other group.</p>	<p>This week students will be focused upon playing competitive games.</p> <p>Potential to have mini tournaments with the other group.</p>	<p>This week students will be focused upon playing competitive games.</p> <p>Potential to have mini tournaments with the other group.</p>	<p>This week students will be focused upon playing competitive games.</p> <p>Potential to have mini tournaments with the other group.</p>
Lesson 3				