

8N & S	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
Lesson1	<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>
Week 2	Fitness & Fundamental Skills	Fitness & Fundamental Skills	Fitness & Fundamental Skills	Fitness & Fundamental Skills
Lesson 1	<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>
Lesson 2	<p>Football skills &amp; Cardio vascular training.</p> <p>Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap. Circle drills.</p>	<p>Football skills &amp; Cardio vascular training.</p> <p>Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap. Circle drills.</p>	<p>Netball Skills &amp; 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 &amp; 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 3	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
Week 4	Football	Table Tennis	Netball	Football
Lesson 1	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. To understand and know where passing is used in football. To be able to outwit opponents with a variety of passes.	To be able to demonstrate & use the correct grip and understand the ready position. To be able to accurately replicate a basic backhand push shot. To demonstrate basic scoring and apply the rules of double game play. To understand when to use a backhand push in a game.	Develop footwork: Working at driving towards the ball Developing passing: working at passing and receiving the ball at different distances and speed.	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. To understand and know where passing is used in football. To be able to outwit opponents with a variety of passes.
Lesson 2	To be able to perform and accurately replicate different	To perform and replicate a legal table tennis serve with control and accuracy.	Develop attacking: Dodging and Changing direction.	To be able to perform and accurately replicate different types

	<p>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 develop the skill of outwitting an opponent on serve.</p> <p>To understand the scoring and rotation needed for doubles games.</p>	<p>Working with both passive and active defenders.</p>	<p>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>
Lesson 3				
Week 5	Football	Table Tennis	Netball	Football
Lesson 1	<p>To be able to outwit opponents using learnt skills and techniques at speed.</p> <p>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 replicate a basic forehand push.</p> <p>To understand the importance of movement and ball placement in order to win points.</p> <p>To understand when to use a forehand push in a game.</p>	<p>Develop defending: Reviewing shadowing skills.</p> <p>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.</p> <p>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 be able to accurately replicate a forehand topspin shot.</p> <p>To understand the importance of movement and preparation for an effective forehand shot.</p> <p>To understand how to adjust shot selection based on opponents positioning.</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>
Week 6	FOOTBALL OUTSIDE / HALL Cont'd	TABLE TENNIS Cont'd	NETBALL Cont'd	FOOTBALL Cont'd
Lesson 1	<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.</p> <p>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 their understanding and knowledge of basic outwitting strategies.</p> <p>To understand and develop the use of spin and shot selection. To understand the double tactics and movement patterns.</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.</p> <p>Appreciate the need to make decisions about choice of technique, e.g. Get in line early, judge the height of the ball.</p>

Lesson 2	<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.</p> <p>To understand when to defend and how to stop opponents from advancing.</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. To understand the tactics and movement patterns in singles.</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 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>To know and use the different types of shots.</p>	<p>Game Play: Thinking about passing and positioning on court. 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 situation using the appropriate skills and techniques.</p> <p>The pupils are to develop their knowledge and understanding of the rules in football.</p>
Week 7	FOOTBALL OUTSIDE / HALL Cont'd	TABLE TENNIS Cont'd	NETBALL Cont'd	FOOTBALL Cont'd
Lesson 1,2,3	<p>Teacher Assessment</p> <p>This week students will be focused upon playing competitive games. Potential to have mini tournaments with the other group.</p>	<p>Teacher Assessment</p> <p>This week students will be focused upon playing competitive games. Potential to have mini tournaments with the other group.</p>	<p>Teacher Assessment</p> <p>This week students will be focused upon playing competitive games. Potential to have mini tournaments with the other group.</p>	<p>Teacher Assessment</p> <p>This week students will be focused upon playing competitive games. Potential to have mini tournaments with the other group.</p>

Week 8	Basketball	Rugby	Football	Table tennis
Lesson 1	<p>To be able to perform passing and receiving techniques and use to outwit opposition.</p> <p>To be able to perform these in a small sided game with success.</p> <p>To use dribbling technique correctly and understand what constitutes a double dribble and traveling</p>	<p><b>Recap passing &amp; refine handling skills</b></p> <p>To develop and replicate fundamental rugby handling skills.</p> <p>To be able to perform these in a small sided game to maintain ball possession To confidently describe the rules of rugby league.</p>	<p>To be able to perform a pass using inside and outside of foot and understand the importance of receiving correctly.</p> <p>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 demonstrate &amp; use the correct grip and understand the ready position. To be able to accurately replicate a basic backhand push shot. To demonstrate basic scoring and apply the rules of double game play. To understand when to use a backhand push in a game.</p>
Lesson 2	<p>To develop an understanding about attacking principles related to basketball.</p> <p>To perform and accurately replicate a range of dribbling skills to outwit opponents.</p> <p>To understand the need of tactical movements and strategies to invade opponents half.</p>	<p><b>Developing passing/ 4 vs 2</b></p> <p>To understand and accurately replicate the scissors &amp; miss pass, and how to receive it.</p> <p>To create and develop varying strategic ways of getting passed defenders.</p> <p>To understand the rules of rugby league i.e. 5 tackles + play the ball</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>To perform and replicate a legal table tennis serve with control and accuracy. To develop the skill of outwitting an opponent on serve. To understand the scoring and rotation needed for doubles games.</p>
Lesson 3	<p>To be able to outwit opponents with the use of defending skills. <i>i.e. interception, strip, side step.</i></p> <p>To be able to perform skills in a small sided game making decisions about how best to stop opposition.</p> <p>To develop an understanding about rebounding and accurately replicate.</p>	<p><b>Develop tackling technique</b></p> <p>To develop an understanding and knowledge of tackling technique.</p> <p>To replicate the correct technique on advancing opposition.</p> <p>To understand the safety aspects of rugby tackles.</p> <p>To understand the rules regarding tackling within the game.</p>	<p>To be able to outwit opponents using learnt skills and techniques at speed.</p> <p>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 replicate a basic forehand push.</p> <p>To understand the importance of movement and ball placement in order to win points.</p> <p>To understand when to use a forehand push in a game.</p>

Week 9	Basketball	Rugby	FOOTBALL Cont'd	Table Tennis & Uni Hoc
Lesson 1	<p>To understand and know the benefits of types of shots. To develop their understanding and knowledge of how to execute a successful set shot. To be able to outwit opponents using learnt skills and techniques.</p>	<p><b>Tactical play/outwitting opponents</b> To develop knowledge and understanding of strategic play used to outwit opponents. To be able to change and refine tactics based on the analysis of certain plays and opposition. To confidently describe the laws of rugby league and officiate parts of a game.</p>	<p>To perform and replicate an accurate, controlled shot on goal with power. To execute a successful shot on goal i.e. across goal. To appreciate how to adjust shot selection based on opponents positioning. To be able to assess &amp; evaluate shooting techniques and suggest ways to improve.</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>To perform the jump shot appreciating the outcome necessary. To develop their understanding and knowledge of how to outwit an opponent using accurate replication of shooting techniques. To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.</p>	<p><b>Defending</b> To develop an understanding of The defending line. To identify when the defending line is working or when needs adjusting. Working as part of a team to create a strong defending line.</p>	<p>To develop understanding and knowledge of how to control the ball correctly. 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 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>
Week 10	Basketball	Rugby	Football	Table Tennis/ Uni Hoc

Lesson 1	<p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.</p> <p>To develop knowledge of basketball rules (i.e. contact)</p> <p>To develop an understanding of the importance of width and playing into space in order to attack.</p>	<p>Game Play</p> <p>Look at allocating roles that suit the strengths of individuals within a game: e.g. the captain, the main try scorer, key defenders</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.</p> <p>To understand when to defend and how to stop opponents from advancing.</p>	<p>To develop their understanding and knowledge of the rules of singles matches. 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>Rule Play</p> <p>The pupils are to develop their knowledge and understanding of the rules in basketball.</p> <p>To demonstrate a developing understanding of basketball.</p>	<p>Game Play</p> <p>Observing others at play</p> <p>Students asked to identify areas of strength and development for their team.</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:</p> <p>Students will be asked to identify areas of others strengths and improvement</p>



Lesson 3	<p>Assessment Lesson: Students will play in a mini tournament.</p> <p>They will be asked to identify areas of strength and development within their team.</p>	<p><b>Assessment</b> To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To accurately replicate actions and tactical sequences. To show their knowledge and understanding of the rules in rugby.</p>	<p>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.</p>	<p>Assessment Lesson. To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To know and use the different types of shots.</p>
Week 11	Rugby	Basketball	Table tennis	UNI HOC
Lesson 1	<p><b>Recap passing &amp; refine handling skills</b> To develop and replicate fundamental rugby handling skills. To be able to perform these in a small sided game to maintain ball possession To confidently describe the rules of rugby league.</p>	<p>To be able to perform passing and receiving techniques and use to outwit opposition. To be able to perform these in a small sided game with success. To use dribbling technique correctly and understand what constitutes a double dribble and traveling.</p>	<p>To be able to demonstrate &amp; use the correct grip and understand the ready position. To be able to accurately replicate a basic backhand push shot. To demonstrate basic scoring and apply the rules of double game play. To understand when to use a backhand push in a game.</p>	<p>Recap Lesson: Looking at basic dribbling Stick skill/management Vision and looking up Basic passing</p>

Lesson 2	<p><b>Developing passing/ 4 vs 2</b></p> <p>To understand and accurately replicate the scissors &amp; miss pass, and how to receive it.</p> <p>To create and develop varying strategic ways of getting passed defenders.</p> <p>To understand the rules of rugby league i.e. 5 tackles + play the ball.</p>	<p>To develop an understanding about attacking principles related to basketball.</p> <p>To perform and accurately replicate a range of dribbling skills to outwit opponents.</p> <p>To understand the need of tactical movements and strategies to invade opponents half.</p>	<p>To perform and replicate a legal table tennis serve with control and accuracy. To develop the skill of outwitting an opponent on serve.</p> <p>To understand the scoring and rotation needed for doubles games.</p>	<p>Jab Tackle: Jab first Talk about shadowing 3v1 games with just jab tackle &amp; shadowing</p>
Week 12	Rugby	Basketball	TABLE TENNIS Cont'd	Uni Hoc

Lesson 1	<p><b>Develop tackling technique</b></p> <p>To develop an understanding and knowledge of tackling technique.</p> <p>To replicate the correct technique on advancing opposition.</p> <p>To understand the safety aspects of rugby tackles.</p> <p>To understand the rules regarding tackling within the game.</p>	<p>To be able to outwit opponents with the use of defending skills. <i>i.e. interception, strip, side step.</i></p> <p>To be able to perform skills in a small sided game making decisions about how best to stop opposition.</p> <p>To develop an understanding about rebounding and accurately replicate.</p>	<p>To be able to replicate a basic forehand push.</p> <p>To understand the importance of movement and ball placement in order to win points.</p> <p>To understand when to use a forehand push in a game.</p>	<p>Block tackle: Drills &amp; bully off practice 3v1 games just block tackles Avoidance of swiping</p>
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Lesson 2	<p><b>Tactical play/outwitting opponents</b></p> <p>To develop knowledge and understanding of strategic play used to outwit opponents.</p> <p>To be able to change and refine tactics based on the analysis of certain plays and opposition.</p> <p>To confidently describe the laws of rugby league and officiate parts of a game.</p>	<p>To understand and know the benefits of types of shots.</p> <p>To develop their understanding and knowledge of how to execute a successful set shot.</p> <p>To be able to outwit opponents using learnt skills and techniques.</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>	<p>Game play using tackling.</p> <p>Focus upon decision making &amp; tackling is it best to Jab/shadow/block</p>
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Lesson 3	<p><b>Defending</b></p> <p>To develop an understanding of The defending line.</p> <p>To identify when the defending line is working or when needs adjusting.</p> <p>Working as part of a team to create a strong defending line.</p>	<p>To perform the jump shot appreciating the outcome necessary.</p> <p>To develop their understanding and knowledge of how to outwit an opponent using accurate replication of shooting techniques.</p> <p>To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.</p>	<p>To develop their understanding and knowledge of basic outwitting strategies.</p> <p>To understand and develop the use of spin and shot selection.</p> <p>To understand the double tactics and movement patterns.</p>	<p>How to deal with Tackling; Off loading the ball/puck Protecting the ball/puck Passing backwards and support.</p> <p>Indian Dribble/dragging the ball puck across the body</p>
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week 13	Rugby	Basketball	TABLE TENNIS	Uni Hoc
Lesson 1	<p>Game Play</p> <p>Look at allocating roles that suit the strengths of individuals within a game: e.g. the captain, the main try scorer, key defenders</p>	<p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.</p> <p>To develop knowledge of basketball rules (i.e. contact)</p> <p>To develop an understanding of the importance of width and playing into space in order to attack.</p>	<p>Game play:</p> <p>Students will be asked to identify areas of others strengths and improvement</p>	<p>Game play:</p> <p>Students will be asked to identify areas of others strengths and improvement</p>
Lesson 2	<p><b>Assessment</b></p> <p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.</p> <p>To accurately replicate actions and tactical sequences. To show their knowledge and understanding of the rules in rugby.</p>	<p>Assessment</p> <p>The pupils are to develop their knowledge and understanding of the rules in basketball.</p> <p>To demonstrate a developing understanding of basketball.</p>	<p>Assessment Lesson. To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To know and use the different types of shots.</p>	<p>Game Play Assessment.</p> <p>Using tackles</p> <p>Indian dribble Protecting the ball/puck</p> <p>Passing backwards.</p>
Week 14	Rugby	Basketball	Table/tennis uni hoc	Fitness

Lesson 1, 2,3	<b>Students</b>  Will get to playing mini tournaments being able to freely compete in games with different students.	<b>Students</b>  Will get to playing mini tournaments being able to freely compete in games with different students.	<b>Students</b>  Will get to playing mini tournaments being able to freely compete in games with different students.	<b>Fitness Videos</b>  Students will use the internet to find different kinds of fitness programmes and just dance that they can do at home.
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