

9 North & 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>
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 & 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>

Week 3	Fitness & Fundamental Skills	Fitness & Fundamental Skills	Fitness & Fundamental Skills	Fitness & Fundamental Skills
Lesson 1	<p>Cardio Circuit</p> <p>2 mins each station & repeat</p> <p>Jogging</p> <p>Skipping</p> <p>Star Jumps</p> <p>Step ups</p>	<p>Strength Circuit</p> <p>2mins each station & Repeat</p> <p>Sit ups</p> <p>Burpees</p> <p>Plank</p> <p>Squats against the wall</p>	<p>Cardio Circuit</p> <p>2mins each station & repeat</p> <p>Jogging</p> <p>Skipping</p> <p>Star Jumps</p> <p>Step ups</p>	<p>Strength Circuit</p> <p>2mins each station & Repeat</p> <p>Sit ups</p> <p>Burpees</p> <p>Plank</p> <p>Squats against the wall</p>
Lesson 2	<p>Strength Circuit</p> <p>2mins each station & Repeat</p> <p>Sit ups</p> <p>Burpees</p> <p>Plank</p> <p>Squats against the wall</p>	<p>Cardio Circuit</p> <p>2 mins each station & repeat</p> <p>Jogging</p> <p>Skipping</p> <p>Star Jumps</p> <p>Step ups</p>	<p>Strength Circuit</p> <p>2mins each station & Repeat</p> <p>Sit ups</p> <p>Burpees</p> <p>Plank</p> <p>Squats against the wall</p>	<p>Cardio Circuit</p> <p>2 mins each station & repeat</p> <p>Jogging</p> <p>Skipping</p> <p>Star Jumps</p> <p>Step ups</p>
Week 4	Football	Table Tennis	Netball	Football
Lesson 1	<p>To understand the benefits of passing and where different types of passes should be used i.e. Over defensive line.</p> <p>To be able to outwit opponents with a variety of passes.</p> <p>To be able to perform these passes in a small sided game.</p>	<p>To be able to demonstrate & use the correct grip and understand the ready position.</p> <p>To be able to accurately replicate a basic backhand push shot.</p> <p>To understand the basic scoring and rules of double game play.</p> <p>To begin to outwit opponents with the movement of the ball.</p>	<p>Game Play – Positions and rule recap</p>	<p>To understand the benefits of passing and where different types of passes should be used i.e. Over defensive line.</p> <p>To be able to outwit opponents with a variety of passes.</p> <p>To be able to perform these passes in a small sided game.</p>
Lesson 2	<p>To be able to use the different parts of the body to control the ball.</p> <p>To perform and replicate different types of dribbling with control, speed and fluency in a pressured situation.</p> <p>To outwit opponents with the combination of advanced turns and dribbles making decisions about how best to advance on opposition.</p>	<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 combination of shots.</p> <p>To be able to accurately replicate a variety of shots, implementing basic strategies and tactics.</p> <p>To understand the scoring and rotation needed for doubles games.</p>	<p>Passing and Footwork: Running pass</p> <p>Performing in drill and game.</p>	<p>To be able to use the different parts of the body to control the ball.</p> <p>To perform and replicate different types of dribbling with control, speed and fluency in a pressured situation.</p> <p>To outwit opponents with the combination of advanced turns and dribbles making decisions about how best to advance on opposition.</p>
Week 5	Football cont'd	Table Tennis Contd	Netball Cont'd	Football cont'd

Lesson 1	<p>To be able to outwit opponents using dummies & step overs at speed.</p> <p>To understand the importance of width</p> <p>Demonstrate knowledge of when to play to feet and when to play into space in order to attack.</p> <p>To develop strategic and tactical play.</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 begin to develop strategic and tactical play during a rally.</p> <p>To confidently score a game of doubles.</p>	<p>Channelling: either side and then middle. Link to use of space and options for passing. Either ahead or lateral.</p>	<p>To be able to outwit opponents using dummies & step overs at speed.</p> <p>To understand the importance of width</p> <p>Demonstrate knowledge of when to play to feet and when to play into space in order to attack.</p> <p>To develop strategic and tactical play.</p>
Lesson 2	<p>To perform a variety of shooting techniques on goal. i.e. low drive, chip and volley.</p> <p>To appreciate how to adjust shot selection based on opponents positioning.</p> <p>To be able to assess & 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>Positioning on court and defensive pressure : Using channels, game play to ensure there is more than one option for a pass.</p>	<p>To perform a variety of shooting techniques on goal. i.e. low drive, chip and volley.</p> <p>To appreciate how to adjust shot selection based on opponents positioning.</p> <p>To be able to assess & evaluate shooting techniques and suggest ways to improve.</p>
Week 6	Football cont'd	Table Tennis Contd	Netball Cont'd	Football cont'd
Lesson 1	<p>To develop their understanding and knowledge of how to stop attack effectively.</p> <p>To perform the different types of defensive techniques in different situations e.g. jockeying, goal side, closing down & slide tackling.</p> <p>To understand and appreciate the need to make decisions about choice of defensive strategy.</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 refine tactics based on opponents weaknesses.</p> <p>To understand the double tactics and movement patterns.</p>	<p>Tactical play and set pieces: looking at different on court scenarios.</p>	<p>To develop their understanding and knowledge of how to stop attack effectively.</p> <p>To perform the different types of defensive techniques in different situations e.g. jockeying, goal side, closing down & slide tackling.</p> <p>To understand and appreciate the need to make decisions about choice of defensive strategy.</p>
Lesson 2	<p>To perform set plays & crosses using varying height, speed and positioning.</p>	<p>To develop their understanding and knowledge of the rules of singles matches.</p>	<p>Team planning: Creating own tactics for set pieces looking to adjust to beat different teams</p>	<p>To perform set plays & crosses using varying height, speed and positioning.</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 small games.</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>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 small games.</p>
Week 7	Football	Table Tennis	Netball	Football
Lesson 1	Assessment Week	Assessment Week	Assessment Week	Assessment Week
Lesson 2	<p>Students will play a variety of games e.g. intra-form. Full sided or smaller sided.</p> <p>They will play in a variety of roles.</p> <p>They will be asked to officiate.</p>	<p>Students will play a variety of games e.g. intra-form. Full sided or smaller sided.</p> <p>They will play in a variety of roles.</p> <p>They will be asked to officiate.</p>	<p>Students will play a variety of games e.g. intra-form. Full sided or smaller sided.</p> <p>They will play in a variety of roles.</p> <p>They will be asked to officiate.</p>	<p>Students will play a variety of games e.g. intra-form. Full sided or smaller sided.</p> <p>They will play in a variety of roles.</p> <p>They will be asked to officiate.</p>
Lesson 3				
Week 8	Basketball	Rugby	Table Tennis	Uni Hoc
Lesson 1	<p>To be able to perform passing, receiving, dribbling, shooting techniques to outwit opposition at pace.</p> <p>To be able to perform a combination of these skills in a small sided game with success.</p> <p>To understand and develop knowledge of required fitness and diet required to sustain a good basketball performance.</p>	<p>Passing & Use of space</p> <p>To accurately replicate prior learnt types of passes.</p> <p>To be able to perform these in a game to retain ball possession & outwit opposition.</p> <p>To describe the difference in rules of rugby league & union.</p> <p>To understand what the use of space means for attacking opportunities</p>	<p>To be able to demonstrate & use the correct grip and understand the ready position.</p> <p>To be able to accurately replicate a basic backhand push shot.</p> <p>To understand the basic scoring and rules of double game play.</p> <p>To begin to outwit opponents with the movement of the ball.</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>To perform and accurately replicate a range of lay up variations to outwit opponents.</p> <p>To understand the need of tactical movements and</p>	<p>Outwitting opponents- 5 vs 3</p> <p>To develop knowledge and understanding of strategic play used to outwit opponents.</p>	<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 combination of shots.</p>	<p>Shooting:</p> <p>Dribble and shoot individually</p> <p>Dribble pass & shoot with partner</p> <p>As above add the defender.</p>

	<p>strategies to invade opponents half.</p> <p>To perform the non dominant lay up and make decisions about choice of techniques in each situation.</p>	<p>To be able to develop and refine tactics based on the analysis of opposition.</p> <p>To understand the rules of rugby league and begin to correctly officiate <i>i.e. passing backwards</i></p>	<p>To be able to accurately replicate a variety of shots, implementing basic strategies and tactics.</p> <p>To understand the scoring and rotation needed for doubles games.</p>	
Week 9	Basketball	Rugby	Table tennis	Uni Hoc
Lesson 1	<p>To be able to outwit opponents with the use of defending skills. <i>i.e. zone and man to man defense.</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 how to legally mark opponents.</p>	<p>Tackling</p> <p>To develop an understanding and knowledge of how to perform a tackle. High & Low</p> <p>To replicate the correct tackling technique</p> <p>To understand the safety aspects of rugby tackling and the rules regarding including being offside</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 begin to develop strategic and tactical play during a rally.</p> <p>To confidently score a game of doubles.</p>	<p>Tackling/ defending Development: Shadowing and showing the player where you want them to go.</p> <p>Sweeper defence meeting the attacker.</p> <p>Cross over defending.</p>
Lesson 2	<p>To develop an understanding about attacking principles related to basketball.</p> <p>To know the benefits of different strategies for attacking play.</p> <p>To perform and replicate a 3 man weave.</p>	<p>Restarting play</p> <p>To look at tap in's from the side line and kicking to start the game.</p> <p>To combine the use of passing & tackling to outwit opponents.</p> <p>To develop a confident understanding of the rules and laws of rugby League.</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>Positioning.</p> <p>Team Formations:</p> <p>Understanding the roles, positioning, Thinking about width, holding position, not getting drawn into crowds.</p> <p>Attack</p> <p>Midfield</p> <p>Defence</p>
Week 10	Basketball	Rugby	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 basketball specific fitness.</p>	<p>Game focus:</p> <p>Challenging students to try get as many sets of 6 in small sided games.</p> <p>Look at the impact on ground gained when a set of 6 is achieved.</p> <p>What to do on the 5th tackle.</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 refine tactics based on opponents' weaknesses.</p>	<p>Game Play:</p> <p>Applying formations</p> <p>Applying shooting skills</p> <p>2 touch play</p>

			To understand the double tactics and movement patterns.	
Lesson 2	The pupils are to develop their knowledge and understanding of the rules in basketball. To be able to outwit opponents using high quality skills and techniques	Assessment: 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.	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.	Goal Keeper skills Using feet Using stick Meeting the ball/puck.
Week 11	Rugby	Basketball	Uni Hoc	Table tennis
Lesson 1	Passing & Use of space To accurately replicate prior learnt types of passes. To be able to perform these in a game to retain ball possession & outwit opposition. To describe the difference in rules of rugby league & union. To understand what the use of space means for attacking opportunities	To be able to perform passing, receiving, dribbling, shooting techniques to outwit opposition at pace. To be able to perform a combination of these skills in a small sided game with success. To understand and develop knowledge of required fitness and diet required to sustain a good basketball performance.	Receiving the Ball: Recap lesson of passing and receiving/fundamental skills Receiving the ball/puck: meeting the puck, letting the puck/ball come across the body.	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 understand the basic scoring and rules of double game play. To begin to outwit opponents with the movement of the ball.
Lesson 2	Outwitting opponents- 5 vs 3 To develop knowledge and understanding of strategic play used to outwit opponents. To be able to develop and refine tactics based on the analysis of opposition. To understand the rules of rugby league and begin to correctly officiate <i>i.e. passing backwards</i>	To perform and accurately replicate a range of lay up variations to outwit opponents. To understand the need of tactical movements and strategies to invade opponents half. To perform the non dominant lay up and make decisions about choice of techniques in each situation.	Shooting: Dribble and shoot individually Dribble pass & shoot with partner As above add the defender.	To perform and replicate a legal table tennis serve with control and accuracy. To develop the skill of outwitting an opponent using a combination of shots. To be able to accurately replicate a variety of shots, implementing basic strategies and tactics. To understand the scoring and rotation needed for doubles games.

Week 12	Rugby	Basketball	Hockey	Table tennis
Lesson 1	<p>Tackling</p> <p>To develop an understanding and knowledge of how to perform a tackle. High & Low</p> <p>To replicate the correct tackling technique</p> <p>To understand the safety aspects of rugby tackling and the rules regarding including being offside</p>	<p>To be able to outwit opponents with the use of defending skills. <i>i.e. zone and man to man defense.</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 how to legally mark opponents.</p>	<p>Tackling/ defending Development: Shadowing and showing the player where you want them to go.</p> <p>Sweeper defence meeting the attacker.</p> <p>Cross over defending.</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 begin to develop strategic and tactical play during a rally.</p> <p>To confidently score a game of doubles.</p>
Lesson 2	<p>Restarting play</p> <p>To look at tap in's from the side line and kicking to start the game.</p> <p>To combine the use of passing & tackling to outwit opponents.</p> <p>To develop a confident understanding of the rules and laws of rugby League.</p>	<p>To develop an understanding about attacking principles related to basketball.</p> <p>To know the benefits of different strategies for attacking play.</p> <p>To perform and replicate a 3 man weave.</p>	<p>Team Formations:</p> <p>Understanding the roles, positioning, Thinking about width, holding position, not getting drawn into crowds.</p> <p>Attack</p> <p>Midfield</p> <p>Defence</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>
Week 13	Rugby	Basketball	Hockey Contd	Table tennis
Lesson 1	<p>Game focus:</p> <p>Challenging students to try get as many sets of 6 in small sided games.</p> <p>Look at the impact on ground gained when a set of 6 is achieved. What to do on the 5th tackle.</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 basketball specific fitness.</p>	<p>Game Play:</p> <p>Applying formations</p> <p>Applying shooting skills</p> <p>2 touch play</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 refine tactics based on opponents' weaknesses.</p> <p>To understand the double tactics and movement patterns.</p>
Lesson 2	<p>Assessment:</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.</p>	<p>The pupils are to develop their knowledge and understanding of the rules in basketball.</p> <p>To be able to outwit opponents using high quality skills and techniques</p>	<p>Goal Keeper skills</p> <p>Using feet</p> <p>Using stick</p> <p>Meeting the ball/puck.</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>

	To show their knowledge and understanding of the rules in rugby.			
Week 14	Rugby	Basketball	Hockey Contd	Table tennis
Lesson 1 & 2	Students will play mini tournaments allowing them to play with different students	Students will play mini tournaments allowing them to play with different students	Students will play mini tournaments allowing them to play with different students	In this week students will use the internet to access different types of fitness classes and Just Dance