

7 North & 7 South	Learning Intentions Set 1	Learning Intentions Set 2	Learning Intentions Set 3
Week 1	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>
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>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>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
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>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.	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
Lesson 1	Cardio Circuit 2 mins each station & repeat Jogging Skipping Star Jumps Step ups	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	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	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 Outside	Netball Sports Hall	Multi-Sports (Ball handling) Studio
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	Perform the basic land and pivot Footwork principle Passing the ball to a moving player. Footwork on the move catching and landing.	The Group over the next three weeks will focus upon ball control with a variety of different equipment: Rugby Balls Netballs Footballs Handballs

	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.	Positions on the court Knowing the off-side rule	The Group over the next three weeks will focus upon ball control with a variety of different equipment: Dribbling Skills Throwing Catching

Week 5	Football	Netball	Multi-Sports (Ball handling)
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.	Principles of attack: moving into a space. Importance of Possession: passing and moving.	The Group over the next three weeks will focus upon ball control with a variety of different equipment: Dribbling Skills Throwing Catching
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.	Principles of defence: What skills do defenders need. Shadowing & tracking a player	The Group over the next three weeks will focus upon ball control with a variety of different equipment: Moving with the ball Catching at different heights
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. Appreciate the need to make decisions about choice of technique, e.g. Get in line early, judge the height of the ball.	Game Play: being able to play in more than one position. Focus upon Footwork and the rules regarding this skill	The Group over the next three weeks will focus upon ball control with a variety of different equipment: Small sided games: Football, netball, basketball

Week 6	Football	Netball	Multi-Sports (Ball handling)
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.	Game Play: being able to play in more than one position. Discussion of own strengths & areas for improvement. Teacher assessment.	The Group over the next three weeks will focus upon ball control with a variety of different equipment: Developing tactics Spatial Awareness
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.	Game Play: being able to play in more than one position. Discussion of own strengths & areas for improvement.	The Group over the next three weeks will focus upon ball control with a variety of different equipment: Developing tactics Spatial Awareness
Week 7	Football	Netball	Multi-Sports (Ball handling)
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.	The Group over the next three weeks will focus upon ball control with a variety of different equipment: Developing tactics Spatial Awareness
Lesson 2	Teacher Assessment Lesson	Teacher Assessment Lesson	Teacher Assessment Lesson

Week 8	Basketball Sports Hall	Haka Hall	Multi Sports (Basketball) Sports Hall
Lesson 1	To be able to perform the fundamental basketball skill of ball handling. To be able to perform these in a small sided game to maintain possession. To develop their understanding and knowledge of the basic rules of Basketball.	The Haka Intro to the Hakka. To understand the origin of 'The Hakka' and to learn to the words of the dance.	To be able to perform the fundamental basketball skill of ball handling. To be able to perform these in a small sided game to maintain possession. To develop their understanding and knowledge of the basic rules of Basketball.

Lesson 2	To introduce & understand where passing is used in basketball. To be able to outwit opponents with passes and angled runs. To begin to understand the need of tactical movements to invade opponent's basket.	Replicate the Haka To be able to perform all of the actions of the original Haka with strong, bold, intimidating actions. Haka 'face off' to encourage the emotions of the dance.	To introduce & understand where passing is used in basketball. To be able to outwit opponents with passes and angled runs. To begin to understand the need of tactical movements to invade opponent's basket.
Lesson 3	To be able to perform the basic dribbling technique with control and accuracy. To be able to outwit opponents with the use of these skills. To be able to perform skills in a small sided game making decisions about how best to advance on opposition. To develop an understanding of the rule of travelling in Basketball.	Devise the choreography for the new team Hakka. Create a concept/topic their dance will cover. Focus upon the starting position. Create a leader to count everyone in, practice their first section.	To be able to perform the basic dribbling technique with control and accuracy. To be able to outwit opponents with the use of these skills. To be able to perform skills in a small sided game making decisions about how best to advance on opposition. To develop an understanding of the rule of travelling in Basketball.
Week 9	Basketball	Haka	Basketball
Lesson 1	To understand and know the benefits of the different types of shot. 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. To develop an understanding of the importance of width and playing into space in order to attack.	To complete peer assessments Students will move around the group and perform what they have created so far to another group. Criteria: Loud voices, Clear & strong gestures and timing.	To understand and know the benefits of the different types of shot. 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. To develop an understanding of the importance of width and playing into space in order to attack.
Lesson 2	To perform a basic layup technique appreciating the outcome necessary. To develop their understanding and knowledge of how to outwit an opponent using appropriate shot selection.	Develop compositional ideas Looking at adding levels, direction, thinking about creating own arm movements.	To perform a basic layup technique appreciating the outcome necessary. To develop their understanding and knowledge of how to outwit an opponent using appropriate shot selection.

	To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.		To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.
Week 10	Basketball	Haka	Basketball
Lesson 1	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. Pupils are to develop their knowledge and understanding of the rules in basketball.	Self Assessment: Using the tablets to video own dance. Make adjustments. Thinking about how they can challenge themselves to make their routine original.	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. Pupils are to develop their knowledge and understanding of the rules in basketball.
Lesson 2	Further development – Inter form basketball comp. 2v2 ½ court trying to outwit opponents using skills. Small Sided Game-3v3 games full court. Contact when shooting = free throw.	Self Assessment: Using the tablets to video own dance. Make adjustments. Thinking about how they can challenge themselves to make their routine original.	Further development – Inter form basketball comp. 2v2 ½ court trying to outwit opponents using skills. Small Sided Game-3v3 games full court. Contact when shooting = free throw.
Lesson 3	Teacher Assessment Further development – Inter form basketball comp. 2v2 ½ court trying to outwit opponents using skills. Small Sided Game-3v3 games full court. Contact when shooting = free throw.	Final Performances Students will rehearse own dance thinking about where the audience will be sat and then perform.	Teacher Assessment Further development – Inter form basketball comp. 2v2 ½ court trying to outwit opponents using skills. Small Sided Game-3v3 games full court. Contact when shooting = free throw.
Week 11	Table Tennis Studio	Badminton Sports Hall	Haka Hall
Lesson 1	To be able to demonstrate & use the correct grip. To be able to accurately replicate a basic backhand push shot. To understand the basic scoring and rules.	Badminton 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.	The Haka Intro to the Hakka. To understand the origin of ‘The Hakka’ and to learn to the words of the dance.

		To be able to keep a rally.	
Lesson 2	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.	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.	Replicate the Haka To be able to perform all of the actions of the original Hakka with strong, bold, intimidating actions. Haka 'face off' to encourage the emotions of the dance.
Week 12	Table Tennis	Badminton	Haka
Lesson 1	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.	To know the teaching points for the backhand serve in badminton. 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.	Devise the choreography for the new team Hakka. Create a concept/topic their dance will cover. Focus upon the starting position. Create a leader to count everyone in, practice their first section.
Lesson 2	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.	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.	To complete peer assessments Students will move around the group and perform what they have created so far to another group. Criteria: Loud voices, Clear & strong gestures and timing.
Lesson 3	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.	To know the teaching points for the overhead clear. To be able to perform the overhead clear. To be able to perform the overhead clear in isolation. To be able to perform the overhead clear in a conditioned practice.	Develop compositional ideas Looking at adding levels, direction, thinking about creating own arm movements.

	(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 be able to perform the overhead clear in a competitive game.	
Week 13	Table Tennis	Badminton	Haka
Lesson 1	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.	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. To be able to perform the net shot/net play in a competitive game.	Self Assessment: Using the tablets to video own dance. Make adjustments. Thinking about how they can challenge themselves to make their routine original.
Lesson 2	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.	Mini Tournaments Encouraging students to challenge themselves against a wider variety of classmates	Self Assessment: Using the tablets to video own dance. Make adjustments. Thinking about how they can challenge themselves to make their routine original.
Week 14	Table Tennis Studio	Badminton Sports Hall	HAKA Hall
Lesson 1	Teacher Assessment	Teacher Assessment	Final Performances Students will rehearse own dance thinking about where the audience will be sat and then perform.
Lesson 2	This week students will be focused upon playing competitive games.	Know and apply the basic rules of Badminton	
Lesson 3	Potential to have mini tournaments with the other group.	Demonstrate how to score correctly in singles.	