

8N & S	Learning Intentions Set 1	Learning Intentions Set 2	Learning Intentions Set 3
Week 1	Fitness & Fundamental Skills	Fitness & Fundamental Skills	Fitness & Fundamental Skills
Lesson1	12min Cooper Run Baseline fitness test to measure all students basic level of cardiovascular Fitness Score to be recorded and Repeated at the end of the 4 week Block.	12min Cooper Run Baseline fitness test to measure all students basic level of cardiovascular Fitness Score to be recorded and Repeated at the end of the 4 week Block.	12min Cooper Run Baseline fitness test to measure all students basic level of cardiovascular Fitness Score to be recorded and Repeated at the end of the 4 week Block.
Lesson 2	Relay Races Basic Running relays with extra exercises e.g. burpee, star jump, heel flicks, high knees, spotty dogs Interval training	Australian Relays X4 teams working together to try and catch the other teams. Interval Training	Australian Relays X4 teams working together to try and catch the other teams. Interval Training.
Week 2	Fitness & Fundamental Skills	Fitness & Fundamental Skills	Fitness & Fundamental Skills
Lesson 1	Australian Relays X4 teams working together to try and catch the other teams. Interval Training	Relay Races Basic Running relays with extra exercises e.g. burpee, star jump, heel flicks, high knees, spotty dogs Interval training	Relay Races Basic Running relays with extra exercises e.g. burpee, star jump, heel flicks, high knees, spotty dogs Interval training
Lesson 2	Football skills & Cardio vascular training. Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap. Circle drills.	Netball Skills & Cardio vascular Fitness Relays using the netball: running keeping the ball in the air, Run and pass against the wall, circle drills.	Netball Skills & Cardio vascular Fitness Relays using the netball: running keeping the ball in the air, Run and pass against the wall, circle drills.
Lesson 3	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.	Football skills & Cardio vascular training. Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap.

		Circle drills.	Circle drills.
Week 3	Fitness & Fundamental Skills	Fitness & Fundamental Skills	Fitness & Fundamental Skills
Lesson 1	<p>Cardio Circuit 2 mins each station & repeat Jogging Skipping Star Jumps Step ups</p>	<p>Cardio Circuit 2mins each station & repeat Jogging Skipping Star Jumps Step ups</p>	<p>Strength Circuit 2mins each station & Repeat Sit ups Burpees Plank Squats against the wall</p>
Lesson 2	<p>Strength Circuit 2mins each station & Repeat Sit ups Burpees Plank Squats against the wall</p>	<p>Strength Circuit 2mins each station & Repeat Sit ups Burpees Plank Squats against the wall</p>	<p>Cardio Circuit 2 mins each station & repeat Jogging Skipping Star Jumps Step ups</p>
Week 4	Football	Netball	Table Tennis
Lesson 1	<p>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.</p>	<p>Develop footwork: Working at driving towards the ball Developing passing: working at passing and receiving the ball at different distances and speed.</p>	<p>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.</p>
Lesson 2	<p>To be able to perform and accurately replicate different types of dribbling with control, speed and fluency. 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 decisions about how best to advance on opposition.</p>	<p>Develop attacking: Dodging and Changing direction. Working with both passive and active defenders.</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 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>Develop defending: Reviewing shadowing skills.</p> <p>Looking at getting arms up in front of a player.</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 5	Football	Netball	Table Tennis
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>Outwitting opponents: Thinking about which pass to use in different situations.</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>
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 & evaluate shooting techniques and suggest ways to improve.</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 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>

Week 6	FOOTBALL OUTSIDE / HALL Cont'd	NETBALL Cont'd	TABLE TENNIS 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>Tactical Play: Positioning on court for certain scenarios: backline pass, sideline pass.</p> <p>Movement for these scenarios.</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>
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. To understand when to defend and how to stop opponents from advancing.</p>	<p>Game Play: Thinking about passing and positioning on court. Discussion of own strengths & areas for improvement.</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>
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>Teacher Assessment</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>Teacher Assessment</p> <p>This week students will be focused upon playing competitive games.</p> <p>Potential to have mini tournaments with the other group.</p>

Week 7	FOOTBALL OUTSIDE / HALL Cont'd	NETBALL Cont'd	Table Tennis
Lesson 1,2,3	<p>Teacher Assessment</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>Teacher Assessment</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>Teacher Assessment</p> <p>This week students will be focused upon playing competitive games.</p> <p>Potential to have mini tournaments with the other group.</p>

Week 8	Basketball	Gymnastics	Basketball
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 travelling</p>	<p>Recap: Body Tension, Counter Balance and Counter Tension</p> <ul style="list-style-type: none"> • Reminder of the 3 's' • Working to create a small routine. 	<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 travelling</p>

Lesson 2	<p>To develop an understanding about attacking principles related to basketball. To perform and accurately replicate a range of dribbling skills to outwit opponents. To understand the need of tactical movements and strategies to invade opponents half.</p>	<p>Basic Acrogyrnastics.</p> <ul style="list-style-type: none"> • Pair balances • Safety principles using the correct grip & moving in and out of balance. • Stand on Knee, Flying Angel. 	<p>To develop an understanding about attacking principles related to basketball. To perform and accurately replicate a range of dribbling skills to outwit opponents. To understand the need of tactical movements and strategies to invade opponents half.</p>
Lesson 3	<p>To be able to outwit opponents with the use of defending skills. <i>i.e. interception, strip, side step.</i> To be able to perform skills in a small sided game making decisions about how best to stop opposition. To develop an understanding about rebounding and accurately replicate.</p>	<p>Larger group balances.</p> <ul style="list-style-type: none"> • Can build upon basic balances to include other students. • Recall the basic balances from yr7 to add to the acro balances. 	<p>To be able to outwit opponents with the use of defending skills. <i>i.e. interception, strip, side step.</i> To be able to perform skills in a small sided game making decisions about how best to stop opposition. To develop an understanding about rebounding and accurately replicate.</p>

Week 9	Basketball		Basketball
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>How to successfully try out a new balance. Explore different more complicated balances. Being able to look at a resource to figure out how to approach a new balance.</p>	<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>

Lesson 2	<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>Create routine.</p> <p>Begin to work with their groups to establish which balances are their strengths.</p> <p>Focus and understanding of the importance of a starting position.</p> <p>Moving into and out of a balance</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>
Week 10	Basketball		
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>Self-Assessment on routine</p> <ul style="list-style-type: none"> • Be able to identify the areas of strength of own routine using key concepts such as 3 's', tension 	<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>
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>	Performance	<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>

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>	Being able to perform in front of others under pressure.	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.
Week 11	Table tennis	Performance	Boxing
Lesson 1	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.	Being able to perform in front of others under pressure.	Know & Understand the correct boxing stance and footwork – Front toe & back heel on the centre line. Dominant hand in back (if you are right-handed, put the right hand in back).

Lesson 2	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	To develop an understanding about attacking principles related to basketball. To perform and accurately replicate a range of dribbling skills to outwit opponents. To understand the need of tactical movements and strategies to invade opponents half.	Demonstrate the correct technique of the Jab Keeping the rest of your body still, extend your left fist straight forward.
Week 12		Basketball	Boxing

Lesson 1	To be able to replicate a basic forehand push. To understand the importance of movement and ball placement in order to win points. To understand when to use a forehand push in a game.	To be able to outwit opponents with the use of defending skills. <i>i.e. interception, strip, side step.</i> To be able to perform skills in a small sided game making decisions about how best to stop opposition. To develop an understanding about rebounding and accurately replicate.	Demonstrate the correct technique of the hook shot Pivot your feet clockwise (about 90 degrees) as you drop the left heel and lift the right heel.
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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 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.	Know and understand the correct technique of the uppercut pivot your feet clockwise (about 90 degrees) as you drop the right heel and lift the left heel.
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Lesson 3	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.	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.	Students to devise their own combinations. Students must include a range of shots with the correct technique and some forms of defence.
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Week 13	Rugby	Basketball	Boxing
Lesson 1	<p>Game play:</p> <p>Students will be asked to identify areas of others strengths and improvement</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>Stamina Lesson:</p> <p>Students working with others to test own stamina.</p> <p>Using combinations to music try to keep moving and boxing x1 song and then swap.</p> <p>Can Introduce skipping as part of the session.</p>

Lesson 2	<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>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>Stamina Lesson:</p> <p>Students working with others to test own stamina.</p> <p>Using combinations to music try to keep moving and boxing x1 song and then swap.</p> <p>Can Introduce skipping as part of the session.</p>
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Week 14	Table/tennis uni hoc	Basketball	Boxing
Lesson 1, 2,3	<p>Students</p> <p>Will get to playing mini tournaments being able to freely compete in games with different students.</p>	<p>Students</p> <p>Will get to playing mini tournaments being able to freely compete in games with different students.</p>	<p>Stamina Lesson:</p> <p>Students working with others to test own stamina.</p> <p>Using combinations to music try to keep moving and boxing x1 song and then swap.</p> <p>Can Introduce skipping as part of the session.</p>