

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 2 mins 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>	<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>Cardio Circuit 2 mins 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>	<p>Cardio Circuit 2 mins each station & repeat Jogging Skipping Star Jumps 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. To be able to outwit opponents with a variety of passes. 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. 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.</p>	Game Play – Positions and rule recap	<p>To understand the benefits of passing and where different types of passes should be used i.e. Over defensive line. To be able to outwit opponents with a variety of passes. 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. To perform and replicate different types of dribbling with control, speed and fluency in a pressured situation. 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. 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.</p>	<p>Passing and Footwork: Running pass Performing in drill and game.</p>	<p>To be able to use the different parts of the body to control the ball. To perform and replicate different types of dribbling with control, speed and fluency in a pressured situation. 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 Cont'd	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 Cont'd	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	Basketball	Dance	Dance
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>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>Theme and learn motif</p> <p>For example thriller/apple bottom Jeans or a student choice song.</p> <p>Students learn short Motif/are given section of song to create their own motif.</p>	<p>Theme and learn motif</p> <p>For example thriller/apple bottom Jeans or a student choice song.</p> <p>Students learn short Motif/are given section of song to create their own motif.</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>To perform and accurately replicate a range of lay up variations to outwit opponents.</p> <p>To understand the need of tactical movements and strategies to invade opponents half.</p>	<p>Canon and Unison</p> <p>Students introduced to both concepts.</p> <p>Add this to their own dance.</p>	<p>Canon and Unison</p> <p>Students introduced to both concepts.</p> <p>Add this to their own dance.</p>

	strategies to invade opponents half. To perform the non dominant lay up and make decisions about choice of techniques in each situation	To perform the non dominant lay up and make decisions about choice of techniques in each situation		
Week 9	Basketball	Basketball	Dance	Dance
Lesson 1	To be able to outwit opponents with the use of defending skills. <i>i.e. zone and man to man defence.</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 how to legally mark opponents.	To be able to outwit opponents with the use of defending skills. <i>i.e. zone and man to man defence.</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 how to legally mark opponents.	Formations and Directions: Students to work on adding more compositional principles in their movement to develop their dance. Formations – where people in your group stand. E.g. lines/ scattered. Directions – 6 in dance – forward, backward, up, down, left and right. Performance and evaluation. Half the group perform, half watch and give feedback. Link to assessment levels, timing, what worked well and what could the group do to improve further.	Formations and Directions: Students to work on adding more compositional principles in their movement to develop their dance. Formations – where people in your group stand. E.g. lines/ scattered. Directions – 6 in dance – forward, backward, up, down, left and right. Performance and evaluation. Half the group perform, half watch and give feedback. Link to assessment levels, timing, what worked well and what could the group do to improve further.
Lesson 2	To develop an understanding about attacking principles related to basketball. To know the benefits of different strategies for attacking play. To perform and replicate a 3 man weave.	To develop an understanding about attacking principles related to basketball. To know the benefits of different strategies for attacking play. To perform and replicate a 3 man weave.	Levels: Aim to include all 3 different levels in their dance. High – jump, Medium – standing position, Low – on the floor. Share and develop ideas. Choose one movement from another group that you could use in your dance.	Levels: Aim to include all 3 different levels in their dance. High – jump, Medium – standing position, Low – on the floor. Share and develop ideas. Choose one movement from another group that you could use in your dance.
Week 10	Basketball	Basketball	Dance	Dance
Lesson 1	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To develop knowledge basketball specific fitness.	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To develop knowledge basketball specific fitness	Teaching: If working on own individual dance groups pair up and teach small section of their dance to another group. If working on a section of the song e.g. apple bottom jeans	Teaching: If working on own individual dance groups pair up and teach small section of their dance to another group. If working on a section of the song e.g. apple bottom jeans

			They deliver their section to the whole group.	They deliver their section to the whole group.
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	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	Performance and Assessment lesson: Can invite the other class to come and watch the performance. Rehearse dance.	Performance and Assessment lesson: Can invite the other class to come and watch the performance. Rehearse dance.
Week 11	Badminton	Badminton	Table Tennis	Uni Hoc
Lesson 1	Badminton Recall how to set up a badminton court. To be able to keep a rally using the correct serve, net shot and overhead clear. Apply tactics to move an opponent around the court.	Badminton Recall how to set up a badminton court. To be able to keep a rally using the correct serve, net shot and overhead clear. Apply tactics to move an opponent around the court.	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.	Recap Lesson: Looking at basic dribbling Stick skill/management Vision and looking up Basic passing
Lesson 2	Badminton To be able to perform the backhand serve aiming for different areas of the court, demonstrating consistency and an element of disguise in both isolation and in competitive games.	Badminton To be able to perform the backhand serve aiming for different areas of the court, demonstrating consistency and an element of disguise in both isolation and in competitive games.	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.	Jab Tackle: Jab first Talk about shadowing 3v1 games with just jab tackle & shadowing
Week 12	Badminton	Badminton	Table Tennis	Uni Hoc
Lesson 1	Badminton To be able to perform the forehand serve aiming for different areas of the court, demonstrating consistency and an element of disguise in both	Badminton To be able to perform the forehand serve aiming for different areas of the court, demonstrating consistency and an element of	To be able to replicate a basic forehand push. To understand the importance of movement and ball placement in order to win points. To begin to develop strategic and tactical play during a rally.	Block tackle: Drills & bully off practice 3v1 games just block tackles Avoidance of swiping

	isolation and in competitive games.	disguise in both isolation and in competitive games.	To confidently score a game of doubles.	
Lesson 2	Badminton To be able to perform the overhead clear, gaining distance and sending the shuttle to the back of the court in isolation and a game with high levels of consistency and accuracy.	Badminton To be able to perform the overhead clear, gaining distance and sending the shuttle to the back of the court in isolation and a game with high levels of consistency and accuracy.	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.	Game play using tackling. Focus upon decision making & tackling is it best to Jab/shadow/block
Week 13	Badminton	Badminton	Table tennis	Uni Hoc
Lesson 1	Badminton To be able to perform the net shot in practice and in a game displaying control and accuracy consistently. Add an element of disguise to gain an advantage over the opponent.	Badminton To be able to perform the net shot in practice and in a game displaying control and accuracy consistently. Add an element of disguise to gain an advantage over the opponent.	To develop their understanding and knowledge of basic outwitting strategies. To understand and develop the use of spin and shot selection. To refine tactics based on opponents weaknesses. To understand the double tactics and movement patterns.	How to deal with Tackling; Off loading the ball/puck Protecting the ball/puck Passing backwards and support. Indian Dribble/dragging the ball puck across the body
Lesson 2	Cont: To be able to perform the net shot in practice and in a game displaying control and accuracy consistently. Add an element of disguise to gain an advantage over the opponent.	Cont: To be able to perform the net shot in practice and in a game displaying control and accuracy consistently. Add an element of disguise to gain an advantage over the opponent.	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: Students will be asked to identify areas of others strengths and improvement
Week 14			Table Tennis	
Lesson 1 & 2	Badminton Assessment Lessons Demonstrate the serve, net shot and overhead clear consistently in a game.	Badminton Assessment Lessons Demonstrate the serve, net shot and overhead clear consistently in a game.	Assessment Week Students will play a variety of games e.g. intra-form. Full sided or smaller sided. They will play in a variety of roles. They will be asked to officiate.	Game Play Assessment. Using tackles Indian dribble Protecting the ball/puck Passing backwards.

	Apply tactics to move your opponent including disguise to shots.	Apply tactics to move your opponent including disguise to shots.		
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