

Year 10 North & South	Male learning Intentions set 1	Male learning Intentions set 2	Female learning Intentions set 1	Female learning Intentions set 2
Week 15	Fitness Circuit	Boxing	Basketball	Basketball
Lesson 1	To be able to plan a component of fitness that students would like to improve (Muscular endurance – circuit training/interval training/weight training)	<p>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).</p> <p>Weight evenly distributed across both legs, knees slightly bent.</p> <p>Feet diagonal, little wider than shoulder width apart, back heel raised.</p> <p>Elbows down, hands up.</p> <p>Head behind your gloves, chin slightly down, eyes see over the gloves.</p> <p>To go FORWARD or LEFT, step with your left foot first and then drag the right foot after.</p> <p>To go BACKWARD or RIGHT, step with your right foot first and then drag the left foot after.</p>	<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>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>
Lesson 2	To know what circuit training is	Demonstrate the correct technique of the Jab	<ul style="list-style-type: none"> To develop an understanding about attacking principles related to basketball. 	<ul style="list-style-type: none"> To develop an understanding about attacking principles related to basketball.

	To understand how to deliver circuit training	<p>Keeping the rest of your body still, extend your left fist straight forward.</p> <p>Exhale sharply as you punch, rotating the fist to land with the palm down.</p> <p>Pull the hand back immediately after impact to defend.</p>	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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.
Week 16	Fitness Circuit	Boxing	Basketball	Basketball
Lesson 1	<ul style="list-style-type: none"> To know and understand the different components of fitness that circuit training may work on. To know the difference between aerobic training and anaerobic training 	<p>Demonstrate the correct technique of the hook shot</p> <p>Pivot your feet clockwise (about 90 degrees) as you drop the left heel and lift the right heel.</p> <p>Your body rotates as one solid block when you pivot your feet.</p> <p>The right arm tightens as you swing your right fist into the target.</p>	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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.
Week 17	Fitness Circuit	Boxing	Basketball	Basketball
Lesson 1	<p>To know what interval training is</p> <p>To understand how to deliver interval training</p> <p>To know and understand the different components of fitness that interval training may work on.</p> <p>To know the difference between aerobic training and anaerobic training</p>	<p>Know and understand the correct technique of the uppercut</p> <p>Pivot your feet clockwise (about 90 degrees) as you drop the right heel and lift the left heel.</p> <p>Your body rotates just like a left hook (don't lean forward or backward).</p>	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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

		<p>With your elbow pointing down, drop your left fist slightly and swing it upwards as you exhale.</p> <p>The punch lands with the palm facing up.</p> <p>Keep this punch compact and recover to your stance quickly.</p>	<ul style="list-style-type: none"> To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful. 	<p>choice of technique and refining ideas when unsuccessful.</p>
Lesson 2	<p>Fartlek Training</p> <p>Know & understand what it is? Think about different ways you can do this? Understand what sports would benefit from this kind of training.</p>	<p>Students to devise their own combinations.</p> <p>Students must include a range of shots with the correct technique and some forms of defence.</p>	<p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To develop knowledge of basketball rules (i.e. contact) To develop an understanding of the importance of width and playing into space in order to attack.</p>	<p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To develop knowledge of basketball rules (i.e. contact) To develop an understanding of the importance of width and playing into space in order to attack.</p>
Week 18	Boxing	Fitness	Badminton	Badminton
Lesson 1	<p>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).</p> <p>Weight evenly distributed across both legs, knees slightly bent.</p> <p>Feet diagonal, little wider than shoulder width apart, back heel raised.</p> <p>Elbows down, hands up.</p>	<p>To be able to plan a component of fitness that students would like to improve (Muscular endurance – circuit training/interval training/weight training)</p>	<ul style="list-style-type: none"> 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 during the serve and rally to move an opponent around the court. 	<ul style="list-style-type: none"> 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 during the serve and rally to move an opponent around the court.

	<p>Head behind your gloves, chin slightly down, eyes see over the gloves.</p> <p>To go FORWARD or LEFT, step with your left foot first and then drag the right foot after.</p> <p>To go BACKWARD or RIGHT, step with your right foot first and then drag the left foot after.</p>			
Week 19	Boxing	Fitness		
Lesson 1	<p>Demonstrate the correct technique of the Jab</p> <p>Keeping the rest of your body still, extend your left fist straight forward.</p> <p>Exhale sharply as you punch, rotating the fist to land with the palm down.</p> <p>Pull the hand back immediately after impact to defend.</p>	<p>To know what circuit training is</p> <p>To understand how to deliver circuit training</p>	<p>Badminton</p> <ul style="list-style-type: none"> To be able to perform the forehand & backhand serve aiming for different areas of the court, demonstrating consistency and an element of disguise in both isolation and in competitive games. 	<p>Badminton</p> <ul style="list-style-type: none"> To be able to perform the forehand & backhand serve aiming for different areas of the court, demonstrating consistency and an element of disguise in both isolation and in competitive games.
Lesson 2	<p>Demonstrate the correct technique of the hook shot</p> <p>Pivot your feet clockwise (about 90 degrees) as you drop the left heel and lift the right heel.</p> <p>Your body rotates as one solid block when you pivot your feet.</p>	<ul style="list-style-type: none"> To know and understand the different components of fitness that circuit training may work on. To know the difference between aerobic training and anaerobic training. 	<ul style="list-style-type: none"> To be able to perform the overhead clear and smash shot. Demonstrate control of the rally but choosing correct shot choice. 	<ul style="list-style-type: none"> To be able to perform the overhead clear and smash shot. Demonstrate control of the rally but choosing correct shot choice.

	The right arm tightens as you swing your right fist into the target.			
Week 20	Boxing	Fitness	Badminton	Badminton
Lesson 1	<p>Know and understand the correct technique of the uppercut</p> <p>Pivot your feet clockwise (about 90 degrees) as you drop the right heel and lift the left heel.</p> <p>Your body rotates just like a left hook (don't lean forward or backward).</p> <p>With your elbow pointing down, drop your left fist slightly and swing it upwards as you exhale.</p> <p>The punch lands with the palm facing up.</p> <p>Keep this punch compact and recover to your stance quickly.</p>	<p>To know what interval training is.</p> <p>To understand how to deliver interval training.</p> <p>To know and understand the different components of fitness that interval training may work on.</p> <p>To know the difference between aerobic training and anaerobic training.</p>	<p>Badminton</p> <ul style="list-style-type: none"> • Assessment Lesson • Demonstrate the serve, net shot, smash and overhead clear consistently in a game. • Apply tactics to move your opponent including disguise to shots. 	<p>Badminton</p> <ul style="list-style-type: none"> • Assessment Lesson • Demonstrate the serve, net shot, smash and overhead clear consistently in a game. • Apply tactics to move your opponent including disguise to shots.
Week 21	Futsal	Badminton	Fitness	Uni Hoc
Lesson 1	<p><u>How To Run The Futsal Session:</u> 3 v 3 game, winner stays on. 1 goal to win. If the game is tied after 2 minutes the team on for the longest time comes off.</p> <p>Focus:</p> <ul style="list-style-type: none"> • Teamwork and communication <p>Quick regrouping and</p>	<ul style="list-style-type: none"> • 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 during the serve and rally to move an opponent around the court. 	<p>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).</p>	<p>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.</p>

	<p>organization Passing accuracy</p> <ul style="list-style-type: none"> • Movement and support • Ball control, game awareness 		<p>Weight evenly distributed across both legs, knees slightly bent.</p> <p>Feet diagonal, little wider than shoulder width apart, back heel raised.</p> <p>Elbows down, hands up.</p> <p>Head behind your gloves, chin slightly down, eyes see over the gloves.</p> <p>To go FORWARD or LEFT, step with your left foot first and then drag the right foot after.</p> <p>To go BACKWARD or RIGHT, step with your right foot first and then drag the left foot after.</p>	
Lesson 2	<p><u>How To Run The Futsal Session:</u> Pass from one target player to the other by making passes amongst your teammates. All players must be in the half of the receiving target player before the pass can be made. Focus:</p> <ul style="list-style-type: none"> • Support angles • Passing and receiving • Moving as a unit • Being a passing option to your teammate 	<p>Badminton To be able to perform the forehand & backhand serve aiming for different areas of the court, demonstrating consistency and an element of disguise in both isolation and in competitive games.</p>	<p>Demonstrate the correct technique of the Jab</p> <p>Keeping the rest of your body still, extend your left fist straight forward.</p> <p>Exhale sharply as you punch, rotating the fist to land with the palm down.</p> <p>Pull the hand back immediately after impact to defend.</p>	<p>Shooting from a short corner: Looking at the injector Looking at the stop and hit Defending a short corner</p>

Week 22			Fitness	Uni Hoc
Lesson 1	<p><u>How To Run The Futsal Session:</u> Play starts with a ball in from the outside to the furthest player back in the centre, that player passes out to the opposite side. The player who passed the ball in initially makes a run in centrally towards the attackers space. The attacker moves out wide to balance the field and draw a marking player out of position to give the player running centrally some space to move into. Focus:</p> <ul style="list-style-type: none"> • Passing accuracy • Movement off movement-adjust your position to benefit your team • Exploiting space when available <p>Taking opportunities quickly</p>	<p>Badminton</p> <ul style="list-style-type: none"> • To be able to perform the overhead clear and smash shot. <p>Demonstrate control of the rally but choosing correct shot choice.</p>	<p>Demonstrate the correct technique of the hook shot</p> <p>Pivot your feet clockwise (about 90 degrees) as you drop the left heel and lift the right heel.</p> <p>Your body rotates as one solid block when you pivot your feet.</p> <p>The right arm tightens as you swing your right fist into the target.</p>	<p>Team Formations: Increase the roles on the team looking at Inners, Wings, sweeper, centre forward, left back, right back.</p>
Week 23			Fitness	Uni Hoc
Lesson 1	<p><u>How To Run The Futsal Session:</u> Two teams of 4 players stand in overlapping squares. Pass one ball per team counter clockwise avoiding collisions between balls. Focus:</p> <ul style="list-style-type: none"> • Good first touch with inside/outside/sole • Accurate passing • Awareness • Timing of passes 	<p>Badminton</p> <ul style="list-style-type: none"> • Demonstrate the serve, net shot, smash and overhead clear consistently in a game. • Apply tactics to move your opponent including disguise to shots. 	<p>Know and understand the correct technique of the uppercut.</p> <p>Pivot your feet clockwise (about 90 degrees) as you drop the right heel and lift the left heel.</p> <p>Your body rotates just like a left hook (don't lean forward or backward).</p> <p>With your elbow pointing down, drop your left fist slightly and swing it upwards as you exhale.</p>	<p>Game Play: Applying formations Applying shooting skills 1 touch play</p>

			<p>The punch lands with the palm facing up.</p> <p>Keep this punch compact and recover to your stance quickly.</p>	
Lesson 2	<p>Futsal Assessment Lesson</p> <p>Full sided Games</p> <p>Students play role of coaches and feedback to staff areas for development and areas of strength.</p>	<p>Badminton Assessment lesson:</p> <p>Looking at each other's performance and discussing areas that need working on based on previous lessons.</p>	<p>Stamina Lesson:</p> <p>Putting together combinations of shots.</p> <p>Timed sessions</p> <p>Movement around the room</p> <p>Skipping ropes</p>	<p>Game Play:</p> <p>Applying formations</p> <p>Applying shooting skills</p> <p>1 touch play</p>
Week 24	Badminton	Futsal	Uni Hoc	Fitness
Lesson 1	<ul style="list-style-type: none"> 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 during the serve and rally to move an opponent around the court. 	<p><u>How To Run The Futsal Session:</u></p> <p>3 v 3 game, winner stays on. 1 goal to win. If the game is tied after 2 minutes the team on for the longest time comes off.</p> <p>Focus:</p> <ul style="list-style-type: none"> Teamwork and communication <p>Quick regrouping and organization</p> <p>Passing accuracy</p> <ul style="list-style-type: none"> Movement and support Ball control, game awareness 	<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>	<p>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).</p> <p>Weight evenly distributed across both legs, knees slightly bent.</p> <p>Feet diagonal, little wider than shoulder width apart, back heel raised.</p> <p>Elbows down, hands up.</p> <p>Head behind your gloves, chin slightly down, eyes see over the gloves.</p> <p>To go FORWARD or LEFT, step with your left foot first and then drag the right foot after.</p>

				To go BACKWARD or RIGHT, step with your right foot first and then drag the left foot after.
Week 25	Badminton	Futsal	Uni Hoc	Fitness
Lesson 1	<p>Badminton</p> <p>To be able to perform the forehand & backhand serve aiming for different areas of the court, demonstrating consistency and an element of disguise in both isolation and in competitive games.</p>	<p><u>How To Run The Futsal Session:</u></p> <p>Pass from one target player to the other by making passes amongst your teammates. All players must be in the half of the receiving target player before the pass can be made.</p> <p>Focus:</p> <ul style="list-style-type: none"> • Support angles • Passing and receiving • Moving as a unit • Being a passing option to your teammate 	<p>Shooting from a short corner:</p> <p>Looking at the injector</p> <p>Looking at the stop and hit</p> <p>Defending a short corner</p>	<p>Demonstrate the correct technique of the Jab</p> <p>Keeping the rest of your body still, extend your left fist straight forward.</p> <p>Exhale sharply as you punch, rotating the fist to land with the palm down.</p> <p>Pull the hand back immediately after impact to defend.</p>
Lesson 2	<p>Badminton</p> <ul style="list-style-type: none"> • To be able to perform the overhead clear and smash shot. <p>Demonstrate control of the rally but choosing correct shot choice.</p>	<p><u>How To Run The Futsal Session:</u></p> <p>Play starts with a ball in from the outside to the furthest player back in the centre, that player passes out to the opposite side. The player who passed the ball in initially makes a run in centrally towards the attackers space. The attacker moves out wide to balance the field and draw a marking player out of position to give the player running centrally some space to move into.</p> <p>Focus:</p> <ul style="list-style-type: none"> • Passing accuracy • Movement off movement- adjust your position to benefit your team • Exploiting space when available <p>Taking opportunities quickly</p>	<p>Team Formations:</p> <p>Increase the roles on the team looking at Inners, Wings, sweeper, centre forward, left back, right back.</p>	<p>Demonstrate the correct technique of the hook shot</p> <p>Pivot your feet clockwise (about 90 degrees) as you drop the left heel and lift the right heel.</p> <p>Your body rotates as one solid block when you pivot your feet.</p> <p>The right arm tightens as you swing your right fist into the target.</p>

Week 26			Uni Hoc	Fitness
Lesson 1	<p data-bbox="259 145 394 169">Badminton</p> <ul data-bbox="309 204 640 341" style="list-style-type: none"> <li data-bbox="309 204 640 341">• Demonstrate the serve, net shot, smash and overhead clear consistently in a game. <p data-bbox="259 347 629 443">Apply tactics to move your opponent including disguise to shots.</p>	<p data-bbox="698 145 1070 169"><u>How To Run The Futsal Session:</u></p> <p data-bbox="698 175 1106 312">Two teams of 4 players stand in overlapping squares. Pass one ball per team counter clockwise avoiding collisions between balls.</p> <p data-bbox="698 319 775 343">Focus:</p> <ul data-bbox="698 355 972 528" style="list-style-type: none"> <li data-bbox="698 355 972 395">• Good first touch with inside/outside/sole <li data-bbox="698 427 920 451">• Accurate passing <li data-bbox="698 464 846 488">• Awareness <li data-bbox="698 501 913 525">• Timing of passes 	<p data-bbox="1146 145 1285 169">Game Play:</p> <p data-bbox="1146 175 1391 199">Applying formations</p> <p data-bbox="1146 212 1424 236">Applying shooting skills</p> <p data-bbox="1146 248 1294 272">1 touch play</p>	<p data-bbox="1655 145 2056 204">Know and understand the correct technique of the uppercut</p> <p data-bbox="1655 248 2123 347">Pivot your feet clockwise (about 90 degrees) as you drop the right heel and lift the left heel.</p> <p data-bbox="1655 392 2101 451">Your body rotates just like a left hook (don't lean forward or backward).</p> <p data-bbox="1655 496 2152 595">With your elbow pointing down, drop your left fist slightly and swing it upwards as you exhale.</p> <p data-bbox="1655 639 2145 679">The punch lands with the palm facing up.</p> <p data-bbox="1655 724 2136 783">Keep this punch compact and recover to your stance quickly.</p>