

7 North	Group 1	Group 2	Group 3
Week 15	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>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>
Lesson 3	<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>
Week 16	Fitness & Fundamental Skills	Fitness & Fundamental Skills	Fitness & Fundamental Skills
Lesson 1	<p>Football skills &amp; Cardio vascular training.</p> <p>Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap. Circle drills.</p>	<p>Football skills &amp; Cardio vascular training.</p> <p>Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap. Circle drills.</p>	<p>Netball Skills &amp; 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	<p>Basketball Drills &amp; cardio Vascular Training</p> <p>Dribbling, Keeping the ball in the air, Dribble and shoot, circle drills, passing against the wall.</p>	<p>Basketball drills &amp; cardio Vascular Training</p> <p>Dribbling, Keeping the ball in the air, Dribble and shoot, circle drills, passing against the wall.</p>	<p>Football skills &amp; Cardio vascular training.</p> <p>Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap. Circle drills.</p>

Week 17	Fitness & Fundamental Skills	Fitness & Fundamental Skills	Fitness & Fundamental Skills
Lesson 1	Cardio Circuit 2 mins each station & repeat Jogging Skipping Star Jumps Step ups	Strength Circuit 2mins each station & Repeat Sit ups Burpees Plank Squats against the wall	Cardio Circuit 2mins each station & repeat Jogging Skipping Star Jumps Step ups
Lesson 2	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	Strength Circuit 2mins each station & Repeat Sit ups Burpees Plank Squats against the wall
Lesson 3	Rugby Fitness drills  Ball handling Relays Circle drills Passing and moving down the line	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.
<b>Week 18</b>	Dance	Table Tennis	Handball
Lesson 1	<b>Dance</b> <b>The Haka</b> Intro to the Hakka. To understand the origin of 'The Hakka' and to learn the words of the dance.	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.	Handball To be able to perform basic passing & receiving with accuracy. To be able to outwit opponents with the use of these techniques. To understand the rules regarding the pass and catching the ball. To perform skills in a small sided game making decisions about how best to advance on opposition.
Lesson 2	<b>Dance</b> <b>Replicate the Haka</b> To be able to perform all of the actions of the original Hakka with strong, bold, intimidating actions.	To perform and replicate a legal table tennis serve.  To be able to accurately replicate a variety of shots, including backhand push and serve.	Handball To be able to perform basic passing & receiving with accuracy. To be able to outwit opponents with the use of these techniques.

	Haka 'face off' to encourage the emotions of the dance.	To understand the scoring and rotation needed for doubles games.	To understand the rules regarding the pass and catching the ball. To perform skills in a small sided game making decisions about how best to advance on opposition.
<b>Week 19</b>	Dance the Haka	Table Tennis	Handball
Lesson 1	<b>Dance</b> <b>Devise the choreography for the new team Hakka.</b> 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 replicate a basic forehand push.  To begin to develop strategic and tactical play during a rally.  To confidently score a game of doubles.	Handball To be able to outwit opponents using learnt skills and techniques. To understand the importance of width in order to attack. To demonstrate an understanding of the basic rules. To develop their understanding of strategic and tactical play in handball to beat and outwit an opponent.
Lesson 2	<b>Dance</b> <b>To complete peer assessments</b> Students will move around the Handball Defending technique To develop their understanding and knowledge of how to defend. To perform and accurately replicate the correct techniques for front and side blocking. To understand the rules regarding defending within the game. Group and perform what they have created so far to another group. Criteria: Loud voices, Clear & strong gestures and timing.	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.	Handball Defending technique To develop their understanding and knowledge of how to defend. To perform and accurately replicate the correct techniques for front and side blocking. To understand the rules regarding defending within the game.
Lesson 3	<b>Dance</b> <b>Develop compositional ideas</b> Looking at adding levels, direction, thinking about creating own arm movements.	To develop their understanding and knowledge of the rules of singles matches.  To understand and develop the use of spin and shot selection.	Handball To be able to outwit opponents using learnt skills and techniques. To develop the decision making process in a game situation.

		To understand the tactics and movement patterns in singles.	To confidently describe the rules and laws of handball. To begin to recognize and identify strengths and weaknesses when playing small sided games.
Week 20	Dance	Table Tennis	Hand ball
Lesson 1	<p><b>Dance</b> <b>Self Assessment:</b> Using the tablets to video own dance. Make adjustments. Thinking about how they can challenge themselves to make their routine original.</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>	<p>Handball</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 handball.</p>
Lesson 2	<p><b>Dance</b> <b>Final Performances</b> Students will rehearse own dance thinking about where the audience will be sat and then perform.</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>Handball</p> <p>Show ability to make observations about how to improve play.</p> <p>Carry out a specific role within invasion games i.e. performer, leader/coach, and official.</p> <p>Show greater understanding of the rules and tactics required in handball.</p> <p>Show understanding of how involvement in handball can help in leading healthy and active lifestyles.</p>
<b>Week 21</b>	Table Tennis	Basketball	Uni Hoc
Lesson 1	<p>To be able to demonstrate &amp; use the correct grip.</p> <p>To be able to accurately replicate a basic backhand push shot.</p> <p>To understand the basic scoring and rules.</p>	<p>To be able to perform the fundamental basketball skill of ball handling.</p> <p>To be able to perform these in a small sided game to maintain possession.</p> <p>To develop their understanding and knowledge of the basic rules of Basketball.</p>	<p>Introduction to the game.</p> <p><b>Equipment and safety introduction:</b> how to hold the stick, how to control the stick, rules about hitting the ball/Puck etc.</p> <p><b>Ready Position:</b> whole group running on whistle get into ready position. Last one ready out.</p> <p><b>Dribbling: basic technique.</b> Dribbling across width between cones in 4's. Gradually make the</p>

			distance longer. Look at change over technique e.g. how to pick the ball/Puck from your partner.
Lesson 2	<p>To perform and replicate a legal table tennis serve.</p> <p>To be able to accurately replicate a variety of shots, including backhand push and serve.</p> <p>To understand the scoring and rotation needed for doubles games.</p>	<p>To introduce &amp; understand where passing is used in basketball.</p> <p>To be able to outwit opponents with passes and angled runs.</p> <p>To begin to understand the need of tactical movements to invade opponent's basket.</p>	<p>Dribbling control.</p> <p><b>Progression: Vision</b></p> <p>Looking up: as dribble towards partner look up</p> <p><b>Progression: dribble &amp; push</b></p> <p>Opposite partners in 4's cone on middle when reach the cone push to partner.</p> <p>Take ball/puck for a walk passing ball between each other.</p> <p>Game: 3v1 No tackling just intercepting the ball, try and make as many passes as you can using good vision.</p>
Lesson 3	<p>To be able to replicate a basic forehand push.</p> <p>To begin to develop strategic and tactical play during a rally.</p> <p>To confidently score a game of doubles.</p>	<p>To be able to perform the basic dribbling technique with control and accuracy.</p> <p>To be able to outwit opponents with the use of these skills.</p> <p>To be able to perform skills in a small sided game making decisions about how best to advance on opposition.</p> <p>To develop an understanding of the rule of travelling in Basketball.</p>	<p>Pass and go:</p> <p>Getting feet around the ball:</p> <p>Passing down the court in pairs</p> <p>Passing and moving in small groups.</p> <p>Game 3v1:</p> <p>X1 defender: In playing area have small coned goals dotted around players have to try and work the ball through a goal to score.</p>
<b>Week 22</b>		Basketball	Uni Hoc
Lesson 1	<p>To be able to accurately replicate a forehand topspin shot.</p>	<p>To understand and know the benefits of the different types of shot.</p> <p>To develop their understanding and knowledge of how to execute a successful set shot.</p>	<p>Possession:</p> <p>Focus upon control and stopping the ball/puck</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>To be able to outwit opponents using learnt skills and techniques.</p> <p>To develop an understanding of the importance of width and playing into space in order to attack.</p>	<p>2 touch passing</p> <p>3v1 game: How many passes before lose possession.</p> <p>Progression: 3v1 game: aim to dribble the ball with control over the line to score a point.</p>
Lesson 2	<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>	<p>To perform a basic layup technique appreciating the outcome necessary.</p> <p>To develop their understanding and knowledge of how to outwit an opponent using appropriate shot selection.</p> <p>To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.</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 understand the double tactics and movement patterns.</p>
week 23	Table Tennis	Basketball	Uni Hoc
Lesson 1	<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>	<p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.</p> <p>Pupils are to develop their knowledge and understanding of the rules in basketball.</p>	<p>Game Play:</p> <p>Focus upon Passing and Vision.</p> <p>No tackling</p> <p>Make sure there is 2 touch hockey going on.</p>
Lesson 2	<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>Further development – Inter form basketball comp. 2v2 ½ court trying to outwit opponents using skills.</p> <p>Small Sided Game-3v3 games full court.</p> <p>Contact when shooting = free throw.</p>	<p>Game Play:</p> <p>Focus upon Passing and Vision.</p> <p>No tackling</p> <p>Make sure there is 2 touch hockey going on.</p>
Lesson 3	Teacher Assessment	Teacher Assessment	Teacher Assessment

	<p>This week students will be focused upon playing competitive games.</p> <p>Potential to have mini tournaments with the other group.</p>		
<b>Week 24</b>	Badminton	Football	Football
Lesson 1	<p>Badminton</p> <ul style="list-style-type: none"> <li>To know how to set up a badminton court.</li> <li>To know about the different resources required for a badminton game.</li> <li>To know and understand the basic grip and handle skill.</li> <li>To be able to keep a rally.</li> </ul>	<p>To be able to perform and accurately replicate different types of dribbling.</p> <p>To be able to outwit opponents with the combination of turns and dribbling.</p> <p>To be able to perform techniques in a small sided game making decisions about how best to advance on opposition.</p>	<p>Looking at basic dribbling skills</p> <p>Thinking about quality so taking it slowly.</p> <p>Straight lines, in and out of cones.</p> <p>Dribbling into space</p> <p>Dribbling traffic lights game</p>
Lesson 2	<p>Badminton</p> <ul style="list-style-type: none"> <li>To introduce and understand the ready position in badminton.</li> <li>To know the court dimensions for both singles games and doubles games.</li> <li>To know and understand the basic singles and doubles rules.</li> <li>To know and understand the badminton scoring system.</li> </ul>	<p>To understand the basic positions required in a football team.</p> <p>To know the importance of width and playing into space in order to attack.</p> <p>To develop strategic and tactical play.</p>	<p>Continue dribbling skills</p> <p>Dribbling to a partner</p> <p>Dribbling to a coloured cone to encourage student to look up.</p> <p>Dribbling when whistle goes if not with ball they lose the ball last one in wins.</p>
<b>week 25</b>	Badminton	Football	Football
Lesson 1	<ul style="list-style-type: none"> <li>To know the teaching points for the backhand serve in badminton.</li> <li>To be able to perform the backhand serve in isolation.</li> <li>To be able to perform the backhand serve in a conditioned practice.</li> <li>To be able to perform the backhand serve in a competitive game.</li> </ul>	<p>To understand the basic positions required in a football team.</p> <p>To know the importance of width and playing into space in order to attack.</p> <p>To develop strategic and tactical play.</p>	<p>Passing skills</p> <p>Continue dribbling as a warm up.</p> <p>Introduce the technique</p> <p>Pass against fence</p> <p>Pass to partner</p> <p>Pass between cone</p>

Lesson 2	<p>Badminton</p> <ul style="list-style-type: none"> <li>• To know the teaching points for the forehand serve in badminton.</li> <li>• To be able to perform the forehand serve in isolation.</li> <li>• To be able to perform the forehand serve in a conditioned practice.</li> <li>• To be able to perform the forehand serve in a competitive game.</li> </ul>	<p>To perform and replicate an accurate and controlled shot on goal.</p> <p>To develop understanding and knowledge of how to execute a successful shot on goal i.e. head over the ball, use of laces.</p> <p>To appreciate how to adjust shot selection based on opponents positioning.</p>	<p>Dribbling and passing</p> <p>Towards a partner</p> <p>Dribble and pass through a cone</p> <p>Khabaddi Football game</p>
Lesson 3	<p>Badminton</p> <ul style="list-style-type: none"> <li>• To know the teaching points for the forehand serve in badminton.</li> <li>• To be able to perform the forehand serve in isolation.</li> <li>• To be able to perform the forehand serve in a conditioned practice.</li> <li>• To be able to perform the forehand serve in a competitive game.</li> <li>• Teacher Assessment</li> </ul>	<p>To develop their understanding and knowledge of how to control the ball correctly.</p> <p>To perform the different types of control 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> <ul style="list-style-type: none"> <li>• Teacher Assessment Games</li> </ul>	<p>Small sided no tackling games</p> <p>Teacher Assessment games</p>