

8 North	Group 1	Group 2	Group 3
<b>Week 15</b>	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>
<b>Week 16</b>			
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 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.</p> <p>Circle drills.</p>

<b>Week 17</b>	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	12min Cooper Run Students try to beat their original score.	12min Cooper Run Students try to beat their original score.	12min Cooper Run Students try to beat their original score.
<b>Week 18</b>	Badminton	Table Tennis	Gymnastics
Lesson 1	Badminton <ul style="list-style-type: none"> <li>Recall how to set up a badminton court.</li> <li>To demonstrate the basic grip and handle skill.</li> <li>To be able to keep a rally using the correct serve, net shot and overhead clear.</li> </ul>	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.	Recap: Body Tension, Counter Balance and Counter Tension <ul style="list-style-type: none"> <li>Reminder of the 3 's'</li> <li>Working to create a small routine.</li> </ul>
Lesson 2	Badminton	To perform and replicate a legal table tennis serve with control and accuracy.	Basic AcroGymnastics. <ul style="list-style-type: none"> <li>Pair balances</li> </ul>

	<ul style="list-style-type: none"> <li>To take on the role of umpire and demonstrate knowledge of basic singles and doubles rules and the badminton scoring system.</li> <li>Ladders tournament</li> </ul>	<p>To develop the skill of outwitting an opponent on serve.</p> <p>To understand the scoring and rotation needed for doubles games.</p>	<ul style="list-style-type: none"> <li>Safety principles using the correct grip &amp; moving in and out of balance.</li> <li>Stand on Knee, Flying Angel.</li> </ul>
<b>Week 19</b>	Badminton	Table Tennis	Gymnastics
Lesson 1	<p>Badminton</p> <ul style="list-style-type: none"> <li>To explain the teaching points for the backhand serve in badminton.</li> <li>To be able to perform the backhand serve aiming for different areas of the court, in both isolation and in competitive games.</li> </ul>	<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>	<p>Larger group balances.</p> <ul style="list-style-type: none"> <li>Can build upon basic balances to include other students.</li> <li>Recall the basic balances from yr7 to add to the acro balances.</li> </ul>
Lesson 2	<p>Badminton</p> <ul style="list-style-type: none"> <li>To explain the teaching points for the forehand serve in badminton.</li> <li>To be able to perform the forehand serve aiming for different areas of the court, in both isolation and in competitive games.</li> </ul>	<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>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>
Lesson 3	<p>Badminton</p> <ul style="list-style-type: none"> <li>To demonstrate the teaching points for the overhead clear.</li> <li>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.</li> </ul>	<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>	<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>
Week 20	Badminton	Table Tennis	Gymnastics
Lesson 1	Badminton		Self-Assessment on routine

	<ul style="list-style-type: none"> <li>To demonstrate the teaching points for the net shot/net play.</li> <li>To be able to perform the net shot in practice and in a game displaying control and accuracy consistently.</li> </ul>	<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>	<ul style="list-style-type: none"> <li>Be able to identify the areas of strength of own routine using key concepts such as 3 's', tension</li> </ul>
Lesson 2	<p>Badminton</p> <ul style="list-style-type: none"> <li>Assessment Lesson</li> <li>Know and apply the basic rules and scoring in Badminton.</li> <li>Demonstrate the serve, net shot and overhead clear in a game.</li> </ul>	<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>	<p>Performance</p> <ul style="list-style-type: none"> <li>Being able to perform in front of others under pressure.</li> </ul>
Week 21	Uni Hoc	Uni Hoc	Badminton
Lesson 1	<p>Recap Lesson: Looking at basic dribbling Stick</p> <p>Skill/management Vision and looking up</p> <p>Basic passing</p>	<p>Recap Lesson: Looking at basic dribbling Stick</p> <p>Skill/management Vision and looking up</p> <p>Basic passing</p>	<p>Badminton</p> <ul style="list-style-type: none"> <li>Recall how to set up a badminton court.</li> <li>To demonstrate the basic grip and handle skill.</li> <li>To be able to keep a rally using the correct serve, net shot and overhead clear.</li> </ul>
Lesson 2	<p>Jab Tackle:</p> <p>Jab first</p> <p>Talk about shadowing</p> <p>3v1 games with just jab tackle &amp; shadowing</p>	<p>Jab Tackle:</p> <p>Jab first</p> <p>Talk about shadowing</p> <p>3v1 games with just jab tackle &amp; shadowing</p>	<p>Badminton</p> <ul style="list-style-type: none"> <li>To take on the role of umpire and demonstrate knowledge of basic singles and doubles rules and the badminton scoring system.</li> <li>Ladders tournament</li> </ul>

Lesson 3	Block tackle: Drills & bully off practice 3v1 games just block tackles Avoidance of swiping	Block tackle: Drills & bully off practice 3v1 games just block tackles Avoidance of swiping	Badminton <ul style="list-style-type: none"> <li>To explain the teaching points for the backhand serve in badminton.</li> </ul> To be able to perform the backhand serve aiming for different areas of the court, in both isolation and in competitive games.
Week 22	Uni Hoc	Uni Hoc	Badminton
Lesson 1	Game play using tackling.  Focus upon decision making  & tackling is it best to Jab/shadow/block	Game play using tackling.  Focus upon decision making  & tackling is it best to Jab/shadow/block	Badminton <ul style="list-style-type: none"> <li>To explain the teaching points for the forehand serve in badminton.</li> </ul> To be able to perform the forehand serve aiming for different areas of the court, in both isolation and in competitive games.
Lesson 2	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	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	Badminton <ul style="list-style-type: none"> <li>To demonstrate the teaching points for the overhead clear.</li> </ul> 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.
week 23	Uni Hoc	Uni Hoc	Badminton
Lesson 1	Game play: <ul style="list-style-type: none"> <li>Students will be asked to identify areas of others strengths and improvement</li> </ul>	Game play: <ul style="list-style-type: none"> <li>Students will be asked to identify areas of others strengths and improvement</li> </ul>	Badminton <ul style="list-style-type: none"> <li>To demonstrate the teaching points for the net shot/net play.</li> <li>To be able to perform the net shot in practice and in a game displaying control and accuracy consistently.</li> </ul>
Lesson 2	Game Play Assessment.  Using tackles	Game Play Assessment.  Using tackles	Badminton <ul style="list-style-type: none"> <li>Assessment Lesson</li> </ul>

	Indian dribble Protecting the ball/puck Passing backwards.	Indian dribble Protecting the ball/puck Passing backwards.	<ul style="list-style-type: none"> <li>Know and apply the basic rules and scoring in Badminton.</li> </ul> <p>Demonstrate the serve, net shot and overhead clear in a game.</p>
Lesson 3	<p><b>Students</b></p> <p><b>Will get to playing mini tournaments being able to freely compete in games with different students.</b></p>	<p><b>Students</b></p> <p><b>Will get to playing mini tournaments being able to freely compete in games with different students.</b></p>	<p>Badminton</p> <ul style="list-style-type: none"> <li>Assessment Lesson</li> <li>Know and apply the basic rules and scoring in Badminton.</li> </ul> <p>Demonstrate the serve, net shot and overhead clear in a game.</p>
Week 24	Gymnastics	Badminton	Uni Hoc
Lesson 1	<p>Recap: Body Tension, Counter Balance and Counter Tension</p> <ul style="list-style-type: none"> <li>Reminder of the 3 's'</li> <li>Working to create a small routine.</li> </ul>	<p>Badminton</p> <ul style="list-style-type: none"> <li>Recall how to set up a badminton court.</li> <li>To demonstrate the basic grip and handle skill.</li> <li>To be able to keep a rally using the correct serve, net shot and overhead clear.</li> </ul>	<p>Recap Lesson: Looking at basic dribbling Stick</p> <p>Skill/management Vision and looking up</p> <p>Basic passing</p>
Lesson 2	<p>Basic AcroGymnastics.</p> <ul style="list-style-type: none"> <li>Pair balances</li> <li>Safety principles using the correct grip &amp; moving in and out of balance.</li> <li>Stand on Knee, Flying Angel.</li> </ul>	<p>Badminton</p> <ul style="list-style-type: none"> <li>To take on the role of umpire and demonstrate knowledge of basic singles and doubles rules and the badminton scoring system.</li> <li>Ladders tournament</li> </ul>	<p>Jab Tackle:</p> <p>Jab first</p> <p>Talk about shadowing</p> <p>3v1 games with just jab tackle &amp; shadowing</p>
week 25	Gymnastics	Badminton	Uni Hoc
Lesson 1	<p>Larger group balances.</p> <ul style="list-style-type: none"> <li>Can build upon basic balances to include other students.</li> </ul>	<p>Badminton</p> <ul style="list-style-type: none"> <li>To explain the teaching points for the backhand serve in badminton.</li> </ul>	<p>Block tackle: Drills &amp; bully off practice 3v1 games just block tackles Avoidance of swiping</p>

	<ul style="list-style-type: none"> <li>Recall the basic balances from yr7 to add to the acro balances.</li> </ul>	<ul style="list-style-type: none"> <li>To be able to perform the backhand serve aiming for different areas of the court, in both isolation and in competitive games.</li> </ul>	
Lesson 2	<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>Badminton</p> <ul style="list-style-type: none"> <li>To explain the teaching points for the forehand serve in badminton.</li> </ul> <p>To be able to perform the forehand serve aiming for different areas of the court, in both isolation and in competitive games.</p>	<p>Game play using tackling.</p> <p>Focus upon decision making &amp; tackling is it best to Jab/shadow/block</p>
Lesson 3	<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>Badminton</p> <ul style="list-style-type: none"> <li>To demonstrate the teaching points for the overhead clear.</li> </ul> <p>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.</p>	<p>How to deal with Tackling; Off loading the ball/puck Protecting the ball/puck Passing backwards and support.</p> <p>Indian Dribble/dragging the ball puck across the body</p>
week 26	Gymnastics	Badminton	Uni Hoc
Lesson 1	<p>Self-Assessment on routine</p> <ul style="list-style-type: none"> <li>Be able to identify the areas of strength of own routine using key concepts such as 3 's', tension</li> </ul>	<p>Badminton</p> <ul style="list-style-type: none"> <li>To demonstrate the teaching points for the net shot/net play.</li> <li>To be able to perform the net shot in practice and in a game displaying control and accuracy consistently.</li> </ul>	<p>Game play:</p> <p>Students will be asked to identify areas of others strengths and improvement</p>
Lesson 2	<p>Performance</p> <ul style="list-style-type: none"> <li>Being able to perform in front of others under pressure.</li> </ul>	<p>Badminton</p> <ul style="list-style-type: none"> <li>Assessment Lesson</li> <li>Know and apply the basic rules and scoring in Badminton.</li> <li>Demonstrate the serve, net shot and overhead clear in a game.</li> </ul>	<p>Game Play Assessment.</p> <p>Using tackles</p> <p>Indian dribble Protecting the ball/puck Passing backwards.</p> <p>Assessment Games</p>