

9 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	Fitness	Fitness	Fitness
Lesson 1	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.	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.
Lesson2	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	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 16	Fitness	Fitness	Fitness	Fitness
Lesson 1	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	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.	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.

Week 17	Fitness	Fitness	Fitness	Fitness
Lesson 1	<p>Cardio Circuit</p> <p>2 mins each station & repeat</p> <p>Jogging</p> <p>Skipping</p> <p>Star Jumps</p> <p>Step ups</p>	<p>Strength Circuit</p> <p>2mins each station & Repeat</p> <p>Sit ups</p> <p>Burpees</p> <p>Plank</p> <p>Squats against the wall</p>	<p>Cardio Circuit</p> <p>2mins each station & repeat</p> <p>Jogging</p> <p>Skipping</p> <p>Star Jumps</p> <p>Step ups</p>	<p>Strength Circuit</p> <p>2mins each station & Repeat</p> <p>Sit ups</p> <p>Burpees</p> <p>Plank</p> <p>Squats against the wall</p>
Lesson 2	<p>Strength Circuit</p> <p>2mins each station & Repeat</p> <p>Sit ups</p> <p>Burpees</p> <p>Plank</p> <p>Squats against the wall</p>	<p>Cardio Circuit</p> <p>2 mins each station & repeat</p> <p>Jogging</p> <p>Skipping</p> <p>Star Jumps</p> <p>Step ups</p>	<p>Strength Circuit</p> <p>2mins each station & Repeat</p> <p>Sit ups</p> <p>Burpees</p> <p>Plank</p> <p>Squats against the wall</p>	<p>Cardio Circuit</p> <p>2 mins each station & repeat</p> <p>Jogging</p> <p>Skipping</p> <p>Star Jumps</p> <p>Step ups</p>
Week 18	Table Tennis	Boxing	Basketball	Basketball
Lesson 1	<p>To be able to demonstrate & use the correct grip and understand the ready position.</p> <p>To be able to accurately replicate a basic backhand push shot.</p> <p>To understand the basic scoring and rules of double game play.</p> <p>To begin to outwit opponents with the movement of the ball.</p>	<p>Know & understand the correct boxing stance and footwork –</p> <p>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>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>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>
Lesson 2	<p>To perform and replicate a legal table tennis serve with control and accuracy.</p> <p>To develop the skill of outwitting an opponent using a combination of shots.</p> <p>To be able to accurately replicate a variety of shots, implementing basic strategies and tactics.</p> <p>To understand the scoring and rotation needed for doubles 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>	<ul style="list-style-type: none"> To introduce & understand where passing is used in basketball. To be able to outwit opponents with passes and angled runs. <p>To begin to understand the need of tactical movements to invade opponents basket</p>	<ul style="list-style-type: none"> To introduce & understand where passing is used in basketball. To be able to outwit opponents with passes and angled runs. <p>To begin to understand the need of tactical movements to invade opponents basket</p>

Week 19	Table Tennis	Boxing	Basketball	Basketball
Lesson 1	<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>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>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>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>
Lesson 2	<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>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>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>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>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>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>
Week 20	Table Tennis	Boxing	Basketball	Basketball
Lesson 1	<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>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 perform a basic lay up 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</p>	<p>To perform a basic lay up 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</p>

			about choice of technique and refining ideas when unsuccessful.	choice of technique and refining ideas when unsuccessful.
Lesson 2	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.	Stamina Lesson: Students working with others to test own stamina. Using combinations to music try to keep moving and boxing x1 song and then swap. Can introduce skipping as part of the session.	Assessment Lesson Further development – Inter form basketball comp. 2v2 ½ court trying to outwit opponents using skills. Small Sided Game-3v3 games full court. Contact when shooting = free throw.	Assessment Lesson Further development – Inter form basketball comp. 2v2 ½ court trying to outwit opponents using skills. Small Sided Game-3v3 games full court. Contact when shooting = free throw.
Week 21	Boxing	Uni Hoc	Badminton	Badminton
Lesson 1	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).	Recap Lesson: Looking at basic dribbling Stick skill/management Vision and looking up Basic passing	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.
Lesson 2	Demonstrate the correct technique of the Jab Keeping the rest of your body still, extend your left fist straight forward.	Jab Tackle: Jab first Talk about shadowing 3v1 games with just jab tackle & shadowing	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.
Week 22	Boxing	Uni Hoc	Badminton	Badminton
Lesson 1	Demonstrate the correct technique of the hook shot	Block tackle: Drills & bully off practice 3v1 games just block tackles Avoidance of swiping	Badminton • To be able to perform the forehand serve aiming for different	Badminton • To be able to perform the forehand serve aiming for different areas of the

	Pivot your feet clockwise (about 90 degrees) as you drop the left heel and lift the right heel.		areas of the court, demonstrating consistency and an element of disguise in both isolation and in competitive games.	court, demonstrating consistency and an element of disguise in both isolation and in competitive games.
Lesson 2	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.	Game play using tackling. Focus upon decision making & tackling is it best to Jab/shadow/block	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.
Week 23	Boxing	Uni Hoc	Badminton	Badminton
Lesson 1	Students to devise their own combinations. Students must include a range of shots with the correct technique and some forms of defence.	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	Develop combinations of shots: Focus upon moving opponent around the court. Overhead Clear, net shot, long and short serve etc Footwork and movement warm ups to get students thinking about changing body positions	Develop combinations of shots: Focus upon moving opponent around the court. Overhead Clear, net shot, long and short serve etc Footwork and movement warm ups to get students thinking about changing body positions
Lesson 2	Stamina Lesson: Students working with others to test own stamina. Using combinations to music try to keep moving and boxing x1 song and then swap. Can introduce skipping as part of the session.	Game play & Assessment Students will be asked to identify areas of others strengths and improvement Using tackles Indian dribble Protecting the ball/puck Passing backwards.	Assessment Lesson: Games: queen of the court. Challenger games: queens of court move up to play each other.	Assessment Lesson: Games: queen of the court. Challenger games: queens of court move up to play each other.

Week 24	Handball	Football	Football	Table Tennis
Lesson 1	<p>To accurately replicate prior learnt types of passes.</p> <p>To be able to perform these in a game to retain ball possession & outwit opposition.</p> <p>To describe the difference in rules of Handball.</p> <p>To understand what the use of space means for attacking opportunities.</p>	<p>To understand the benefits of passing and where different types of passes should be used i.e. Over defensive line.</p> <p>To be able to outwit opponents with a variety of passes.</p> <p>To be able to perform these passes in a small sided game.</p>	<p>To understand the benefits of passing and where different types of passes should be used i.e. Over defensive line.</p> <p>To be able to outwit opponents with a variety of passes.</p> <p>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.</p> <p>To be able to accurately replicate a basic backhand push shot.</p> <p>To understand the basic scoring and rules of double game play.</p> <p>To begin to outwit opponents with the movement of the ball.</p>
Lesson 2	<p>To develop knowledge and understanding of strategic play used to outwit opponents.</p> <p>To be able to develop and refine tactics based on the analysis of opposition.</p> <p>To understand the rules of Handball and begin to correctly officiate.</p>	<p>To be able to use the different parts of the body to control the ball.</p> <p>To perform and replicate different types of dribbling with control, speed and fluency in a pressured situation.</p> <p>To outwit opponents with the combination of advanced turns and dribbles making decisions about how best to advance on opposition.</p>	<p>To be able to use the different parts of the body to control the ball.</p> <p>To perform and replicate different types of dribbling with control, speed and fluency in a pressured situation.</p> <p>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.</p> <p>To develop the skill of outwitting an opponent using a combination of shots.</p> <p>To be able to accurately replicate a variety of shots, implementing basic strategies and tactics.</p> <p>To understand the scoring and rotation needed for doubles games.</p>
Week 25	Handball	Football	Football	Table tennis
Lesson 1	<p>To develop an understanding and knowledge of how to perform fast breaks and the roles of support players.</p> <p>To replicate the correct shooting technique.</p> <p>To understand the safety aspects of Handball.</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>	<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>

Lesson 2	<p>To be able to perform a high arm pass with the correct technique.</p> <p>To understand how to counter attack and the necessary positions.</p> <p>To combine the use of passing to outwit opponents.</p> <p>To develop a confident understanding of the rules and laws of Handball.</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>	<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>
Week 26	Handball	Football	Football	Table Tennis
Lesson 1	<p>To develop the knowledge and understand of how to form a small break away attack.</p> <p>To understand and accurately describe the different positions.</p> <p>To develop knowledge of when a counter attack is used.</p>	<p>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>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>
Lesson 2	<p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.</p> <p>To accurately replicate actions and tactical sequences.</p> <p>To show their knowledge and understanding of the rules in Handball.</p>	<p>Assessment Week</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>Assessment Week</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>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>