

Year 10 N & S	Male learning Intentions set 1	Male learning Intentions set 2	Female learning Intentions set 1	Female learning Intentions set 2
Week 1	Football	Football	Football/Netball	Football/netball
Lesson 1	<p>To demonstrate different types of passes in practise i.e. lofted, driven.</p> <p>To be able to outwit opponents with a variety of passes.</p> <p>To be able to perform these passes in a full sided game.</p>	<p>To demonstrate different types of passes in practise i.e. lofted, driven.</p> <p>To be able to outwit opponents with a variety of passes.</p> <p>To be able to perform these passes in a full sided game.</p>	<p>To be able to confidently perform with accuracy, pivots and stops when passing, receiving, and moving forward, back and to the sides.</p>	<p>To demonstrate different types of passes in practise i.e. lofted, driven.</p> <p>To be able to outwit opponents with a variety of passes.</p> <p>To be able to perform these passes in a full sided game.</p>
Week 2	Football	Football	Football/netball	Football/netball
Lesson 1	<p>To be able to outwit opponents using different types of skill and deceit. E.g dummies & step overs at speed.</p> <p>Demonstrate knowledge of when to use them in a game.</p> <p>To develop strategic and tactical play in a full sided game.</p>	<p>To be able to outwit opponents using different types of skill and deceit. E.g dummies & step overs at speed.</p> <p>Demonstrate knowledge of when to use them in a game.</p> <p>To develop strategic and tactical play in a full sided game.</p>	<p>To be able to confidently perform with accuracy, the signal used in Netball.</p>	<p>To be able to outwit opponents using different types of skill and deceit. E.g dummies & step overs at speed.</p> <p>Demonstrate knowledge of when to use them in a game.</p> <p>To develop strategic and tactical play in a full sided game.</p>
Lesson 2	<p>To perform a variety of shooting techniques on goal. i.e. low drive, chip, half volley and volley.</p> <p>To appreciate how to adjust shot selection based on goalkeepers positioning.</p> <p>To be able to assess & evaluate shooting techniques and suggest ways to improve to peers.</p>	<p>To perform a variety of shooting techniques on goal. i.e. low drive, chip, half volley and volley.</p> <p>To appreciate how to adjust shot selection based on goalkeepers positioning.</p> <p>To be able to assess & evaluate shooting techniques and suggest ways to improve to peers.</p>	<p>To confidently perform with accuracy, at speed, height, distance, strength or accuracy when passing and receiving on the move.</p>	<p>To perform a variety of shooting techniques on goal. i.e. low drive, chip, half volley and volley.</p> <p>To appreciate how to adjust shot selection based on goalkeepers positioning.</p> <p>To be able to assess & evaluate shooting techniques and suggest ways to improve to peers.</p>
Week 3	Football	Football	Football/netball	Football/netball
Lesson 1	<p>Game Play</p> <p>Students ref/ump games</p> <p>Students manage own teams</p>	<p>Game Play</p> <p>Students ref/ump games</p> <p>Students manage own teams</p>	<p>Begin to understand the Umpiring role in netball: Positioning, Signals, Responsibilities, Sanctions</p>	<p>Game Play</p> <p>Students ref/ump games</p> <p>Students manage own teams</p>

Week 4	OAA	OAA	OAA	OAA
Lesson 1	<p>Outdoor</p> <p>Capture the Flag:</p> <p>Increase the playing area to top and bottom field.</p> <p>Teams have to work on stealth, as it's harder to see the opposition coming</p>	<p>Outdoor</p> <p>Capture the Flag:</p> <p>Increase the playing area to top and bottom field.</p> <p>Teams have to work on stealth, as it's harder to see the opposition coming</p>	<p>Indoor:</p> <p>Trust games</p> <p>Blind fold games</p> <p>Obstacle course: Using benches, mats, cones, navigate way across the hall. Time their run and add tasks along the way</p> <p>Can set them tasks to do e.g. get the ball into the hula hoop, kick the football into the goal.</p> <p>Try non verbal= students create own system.</p> <p>Develop listening skills, verbal skills importance of keeping instructions simple.</p>	<p>Indoor:</p> <p>Trust games</p> <p>Blind fold games</p> <p>Obstacle course: Using benches, mats, cones, navigate way across the hall. Time their run and add tasks along the way</p> <p>Can set them tasks to do e.g. get the ball into the hula hoop, kick the football into the goal.</p> <p>Try non verbal= students create own system.</p> <p>Develop listening skills, verbal skills importance of keeping instructions simple.</p>
Lesson 2	<p>River crossing:</p> <p>Using tyres, benches mats</p> <p>Get your team to the other side.</p> <p>Focus upon speed as should build on knowledge from before.</p>	<p>River crossing:</p> <p>Using tyres, benches mats</p> <p>Get your team to the other side.</p> <p>Focus upon speed as should build on knowledge from before.</p>	<p>Outdoor</p> <p>Capture the Flag:</p> <p>Increase the playing area to top and bottom field.</p> <p>Teams have to work on stealth, as it's harder to see the opposition coming</p>	<p>Outdoor</p> <p>Capture the Flag:</p> <p>Increase the playing area to top and bottom field.</p> <p>Teams have to work on stealth, as it's harder to see the opposition coming</p>
Week 5	OAA	OAA	OAA	OAA
Lesson 1	<p>Outdoor</p> <p>Capture the Flag:</p> <p>Increase the playing area to top and bottom field.</p> <p>Teams have to work on stealth, as it's harder to see the opposition coming</p>	<p>Outdoor</p> <p>Capture the Flag:</p> <p>Increase the playing area to top and bottom field.</p> <p>Teams have to work on stealth, as it's harder to see the opposition coming</p>	<p>River crossing:</p> <p>Using tyres, benches mats</p> <p>Get your team to the other side.</p> <p>Focus upon speed as should build on knowledge from before.</p>	<p>River crossing:</p> <p>Using tyres, benches mats</p> <p>Get your team to the other side.</p> <p>Focus upon speed as should build on knowledge from before.</p>
Week 6	<p>In the last Half term all PE groups will be doing Athletics and Striking & Fielding. Staff will decide when each group will take part in their athletics lesson and which striking & Fielding scheme/game they will follow. This may be that one lesson a fortnight will be athletics and one lesson a week will be striking & Fielding, with 3 weeks of on one game and 3 weeks on another.</p>			

	Cricket	Softball	Rounders	Athletics
Lesson 1	<p>Recap the basic skills from Cricket activities from KS3</p> <p>Put into practice these skills in a small sided modified game</p> <p>Utilise these skills with increasing Speed, effectiveness and consistency in order to improve the chances of winning the game</p>	<p>Accurate & fast throws.</p> <p>Isolation practice of all the throws</p> <p>Then:</p> <p>4's – batter, bowler, backstop, retriever. Aim towards hands of backstop. Rules-bowling box.</p>	<p>Accurate & fast throws.</p> <p>Isolation practice of all the throws</p> <p>Then:</p> <p>4's – batter, bowler, backstop, retriever. Aim towards hands of backstop. Rules-bowling box.</p>	<p>Javelin: Re Capping the technique and measuring the throw.</p>
Lesson 2	<p>Describe the use of the cut & hook shots (back foot) & when these shots would be used (short delivery)</p> <p>Apply the teaching points for these shots into practise</p> <p>Evaluate each other's ability to perform the skill practised in the lesson in a game situation</p>	<p>Batting for accuracy</p> <p>Recap batting technique (grip, stance, action) T.P's; Bat out to side of body & sideways on. Pairs – underarm throw, hit back directly to partner.</p> <p>4's – bowler, batter, backstop and retriever. Batter aims to hit ball through a coned target. Hit target= 1 point. Rules about stepping out of batting square.</p>	<p>Batting for accuracy</p> <p>Recap batting technique (grip, stance, action) T.P's; Bat out to side of body & sideways on. Pairs – underarm throw, hit back directly to partner.</p> <p>4's – bowler, batter, backstop and retriever. Batter aims to hit ball through a coned target. Hit target= 1 point. Rules about stepping out of batting square.</p>	<p>Sprints: 100m</p>
Week 7	Cricket	Softball	Rounders	
Lesson 1	<p>Analyse the technique involved in bowling</p> <p>Apply variation (change of speed, length, flight) to improve personal bowling performance with the introduction of spin bowling (both off & leg)</p> <p>Evaluate personal performance and reflect on how improvements could be made</p>	<p>Effective fielding team?</p> <p>4's-3 fielders, 1 batter. How can fielders support each other? Judge/anticipate batters hit + create tactics to outwit opposition. Link to full game.</p> <p>Roles of fielding positions, who to pass to and when, awareness of other players. 1 pupil from each</p>	<p>Effective fielding team?</p> <p>4's-3 fielders, 1 batter. How can fielders support each other? Judge/anticipate batters hit + create tactics to outwit opposition. Link to full game.</p> <p>Roles of fielding positions, who to pass to and when, awareness of other players. 1 pupil from each team to umpire. Swap roles.</p>	<p>Shot Put: recapping the technique and measuring the throw</p>

Week 8	Cricket	Softball	Rounders	
Lesson 1	<p>Students to understand how to score and to undertake the role and signals of the umpire</p> <p>To include Wide, no-ball, four, six, out, not out.</p>	<p>Golden triangle:</p> <p>Explain the process: have quick practice games to let people have a go.</p> <p>Conditioned Game: Batters start with 5 points fielders take 1 point away for each out. Batters don't score just aim to stay in. Bonus points for fielders if do it in less than 5mins/10mins</p>	<p>Golden triangle:</p> <p>Explain the process: have quick practice games to let people have a go.</p> <p>Conditioned Game: Batters start with 5 points fielders take 1 point away for each out. Batters don't score just aim to stay in. Bonus points for fielders if do it in less than 5mins/10mins</p>	Relay: Practice the baton change over and race the 4x100m
Lesson 2	<p>Assessment lesson</p> <p>Describe the tactics used to be successful in cricket.</p> <p>Apply tactics discussed to your team's game.</p> <p>Evaluate team's performance and whether or not tactics were successful</p>	<p>Tournament</p> <p>Assessment lesson.</p> <p>Students to openly discuss tactics</p> <p>Try to look for rules being broken</p>	<p>Tournament</p> <p>Assessment lesson.</p> <p>Students to openly discuss tactics</p> <p>Try to look for rules being broken</p>	Sprints: 200M Races