

7N & S Summer	Group One	Group Two	Group Three	
Week 1	Fitness & Fundamental Skills	Fitness & Fundamental Skills	Fitness & Fundamental Skills	
Lesson 1	12min Cooper Run Baseline fitness test to measure all students' basic level of cardiovascular Fitness	12min Cooper Run Baseline fitness test to measure all students' basic level of cardiovascular Fitness	12min Cooper Run Baseline fitness test to measure all students' basic level of cardiovascular Fitness	
Lesson 2	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	
Week 2	Fitness & Fundamental Skills	Fitness & Fundamental Skills	Fitness & Fundamental Skills	
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	
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.	
Lesson 3	Basketball Drills & cardio Vascular Training	Basketball drills & cardio Vascular Training	Football skills & Cardio vascular training.	

	Dribbling, Keeping the ball in the air, Dribble and shoot, circle drills, passing against the wall.	Dribbling, Keeping the ball in the air, Dribble and shoot, circle drills, passing against the wall.	Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap. Circle drills.	
Week 3	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	
Week 4	OAA	OAA	OAA	
Lesson 1	Outdoor Invasion strategy game. Capture the Flag: Work in small groups, analytic skills need to adjust team strategy to win.	Outdoor Invasion strategy game. Capture the Flag: Work in small groups, analytic skills need to adjust team strategy to win.	<ul style="list-style-type: none"> • INDOOR • Travel puzzles: emphasis upon using planning time wisely. • Fox, grain, chicken • Stepping stones <p>Working within certain time students have to work together quickly & communicate this with all team members</p>	
Lesson 2	<ul style="list-style-type: none"> • INDOOR • Travel puzzles: emphasis upon using planning time wisely. • Fox, grain, chicken • Stepping stones 	<ul style="list-style-type: none"> • INDOOR • Travel puzzles: emphasis upon using planning time wisely. • Fox, grain, chicken • Stepping stones 	Outdoor Invasion strategy game. Capture the Flag: Work in small groups, analytic skills need to adjust team strategy to win.	

	Working within certain time students have to work together quickly & communicate this with all team members	Working within certain time students have to work together quickly & communicate this with all team members		
Week 5	OAA	OAA	OAA	
Lesson 1	Outdoor challenges Problem solving Puzzle tiles, Team worm: Thinking skills link them to the tactics in sport	Outdoor challenges Problem solving Puzzle tiles, Team worm: Thinking skills link them to the tactics in sport	INDOOR Bench games Find out each other's names and stand in order on the bench Height order Age House number 2 nd games Carry the tennis ball balanced on a racket and get it in the bucket without dropping it. Have to start again if they do.	
Lesson 2	INDOOR Bench games Find out each other's names and stand in order on the bench Height order Age House number 2 nd games Carry the tennis ball balanced on a racket and get it in the bucket without dropping it. Have to start again if they do.	INDOOR Bench games Find out each others names and stand in order on the bench Height order Age House number 2 nd games Carry the tennis ball balanced on a racket and get it in the bucket without dropping it. Have to start again if they do.	Outdoor challenges Problem solving Puzzle tiles, Team worm: Thinking skills link them to the tactics in sport	
Lesson 3	Outdoor Invasion strategy game. Capture the Flag: Work in larger groups, Think about specific roles within the group,	Outdoor Invasion strategy game. Capture the Flag: Work in larger groups, Think about specific roles within the group,	Indoor Hoola hoop games Hoop travels round the circle the fastest whilst arms are linked/ reverse/twice round	

	analytic skills need to adjust team strategy to win.	analytic skills need to adjust team strategy to win.	Whole team travels through the hoop, think of ways to increase the speed Performing under pressure in a timed environment with larger groups. Sharing ideas with others, Importance of stopping and thinking about whether progress is being made. Appreciate small gains	
Week 6	OAA	OAA	OAA	
Lesson 1	Indoor Hoola hoop games Hoop travels round the circle the fastest whilst arms are linked/ reverse/twice round Whole team travels through the hoop, think of ways to increase the speed Performing under pressure in a timed environment with larger groups. Sharing ideas with others, Importance of stopping and thinking about whether progress is being made. Appreciate small gains	Indoor Hoola hoop games Hoop travels round the circle the fastest whilst arms are linked/ reverse/twice round Whole team travels through the hoop, think of ways to increase the speed Performing under pressure in a timed environment with larger groups. Sharing ideas with others, Importance of stopping and thinking about whether progress is being made. Appreciate small gains	Outdoor Invasion strategy game. Capture the Flag: Work in larger groups, Think about specific roles within the group, analytic skills need to adjust team strategy to win.	
Lesson 2	<ul style="list-style-type: none"> • Outdoor • Capture the flag maybe boys v girls • Introduce specific roles • Captain, chief of defenders, chief stealers. 	<ul style="list-style-type: none"> • Outdoor • Capture the flag maybe boys v girls • Introduce specific roles • Captain, chief of defenders, chief stealers. 	<ul style="list-style-type: none"> • Outdoor • Capture the flag maybe boys v girls • Introduce specific roles • Captain, chief of defenders, chief stealers. 	
Week 7	Group One: Athletics	Striking & Fielding: Group Two	Striking & Fielding: Group Two	

		Cricket	Rounders	Group Three: Athletics
Lesson 1	Sprint technique & 100m	Describe the Teaching Points of the low and high catch. Apply the Teaching Points in a practice situation. Reflect on what you did well and what you can improve upon	Describe the correct technique to perform a simple catch Catch the ball consistently when thrown from different heights/directions	Throwing tennis ball
Lesson 2	200m Sprint & sprint Start.	Describe the Teaching Points of the Long Barrier. Apply the Teaching Points in a practice situation. Reflect on what you did well and what you can improve upon.	Distinguish difference between underarm and overarm throw techniques Recognise when and why either technique should be used	Measuring Tennis Ball
Lesson 3	Throwing Tennis ball	Describe the Teaching Points of the Bowling Action Apply the Teaching Points in a practice situation. Reflect on what you did well and what you can improve upon.	Know the key points for correct batting stance Consistently adopt correct stance when batting	Sprint Technique & 100m
Week 8	Athletics	Group Two: cricket	Group Two: Rounders	Athletics
Lesson 1	Measuring tennis ball	Measuring tennis ball Describe the Teaching Points of the batting grip and stance. Apply the Teaching Points in a practice situation. Reflect on what you did well and what you can improve upon.	Know the aim/job of the fielding team and the different responsibilities each one has Demonstrate the long barrier fielding technique in a practice situation	Sprint Start & 200m
Lesson 2	Baton changing	Describe the Teaching Points of both batting and bowling. Apply the Teaching Points in a practice situation.	Perform basic bowling technique with correct technique from standing	Long Jump & Triple jump technique

		Reflect on what you did well and what you can improve upon.	Use two step “run up” when bowling Use variety of speeds/heights of ball within the rules of the game	
Week 9	Group One: Athletics	Group Two: Cricket	Group Two: Rounders	Athletics
Lesson 1	Relay Races	Describe the skills required to participate in a small sided games. Apply the skills in a small sided game. Analyse your performance over the 6 Lessons and identify your strengths and Areas for improvement.	Chase a rolling ball, stop and return it effectively in a practice Observe and give feedback to another student Perform the skill appropriately in the context of a game	Measure long jump & triple
Lesson 2	Long & triple Jump tech	Assessment Lesson & Competition. Students to apply and evaluate strategies for bowling, batting & Fielding.	Games lesson: Focus upon rotations of players in different roles. Develop any tactics they have learnt.	Baton changing technique
Lesson 3	Measure Long & triple	Assessment Lesson & Competition. Students to apply and evaluate strategies for bowling, batting & Fielding.	Games Lesson Teams run themselves and make tactical decisions based upon how the other team play.	Baton Relay races
Week 10	Group One: Striking & Fielding	Group Two: Athletics	Group Three: Striking & Fielding	
Lesson 1	See Group two’s Cricket and Rounders learning intention	Sprint technique & 100m	See Group two’s Cricket and Rounders learning intention	
Lesson 2	See Group two’s Cricket and Rounders learning intention	200m Sprint & sprint Start.	See Group two’s Cricket and Rounders learning intention	
Week 11	Striking and Fielding	Athletics	Striking & Fielding	

Lesson 1	See Group two's Cricket and Rounders learning intention	Throwing Tennis ball	See Group two's Cricket and Rounders learning intention	
Lesson 2	See Group two's Cricket and Rounders learning intention	Measuring tennis ball	See Group two's Cricket and Rounders learning intention	
Lesson 3	See Group two's Cricket and Rounders learning intention	Baton changing & relay race	See Group two's Cricket and Rounders learning intention	
Week 12	Striking & Fielding	Athletics	Striking & Fielding	
Lesson 1	See Group two's Cricket and Rounders learning intention	Long & triple Jump tech	See Group two's Cricket and Rounders learning intention	
Lesson 2	See Group two's Cricket and Rounders learning intention	Measure Long & triple	See Group two's Cricket and Rounders learning intention	