

8N 8S	Group One	Group Two	Group Three	
Week 1	Fitness	Fitness	Fitness	
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 2	Fitness	Fitness	Fitness	
Lesson 1	<p>Football skills & Cardio vascular training.</p> <p>Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap. Circle drills</p>	<p>Football skills & Cardio vascular training.</p> <p>Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap. Circle drills.</p>	<p>Netball Skills & 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 & cardio Vascular Training</p>	<p>Basketball drills & cardio Vascular Training</p>	<p>Football skills & Cardio vascular training.</p>	

	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	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>	
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>	
Lesson 3	<p>12min Cooper Run</p> <p>Students try to keep beat their original score.</p>	<p>12min Cooper Run</p> <p>Students try to keep beat their original score.</p>	<p>12min Cooper Run</p> <p>Students try to keep beat their original score.</p>	
Week 4	OAA			
Lesson 1	<p>Outdoor Tag/relay game</p> <p>One team in a square with tags on (TAG team),</p> <p>One team lined up along one edge of the square</p>	<p>Outdoor Tag/relay game</p> <p>One team in a square with tags on (TAG team),</p> <p>One team lined up along one edge of the square</p>	<p>Indoor:</p> <p>Hoola hoop games working as a team to beat the others: how to react faster</p>	

	(chasers). X1 one at a time the chaser come in and try steal a tag, when they've done that they join back of queue this repeats until all the Tags are out. Chasers need to strategise how to beat their time and get all the tag team out.	(chasers). X1 one at a time the chaser come in and try steal a tag, when they've done that they join back of queue this repeats until all the Tags are out. Chasers need to strategise how to beat their time and get all the tag team out.	which square is best to go to first, order of play. Noughts & Crosses Rock Paper Scissors	
Lesson 2	Indoor: Hoola hoop games working as a team to beat the others: how to react faster which square is best to go to first, order of play. Noughts & Crosses Rock Paper Scissors	Indoor: Hoola hoop games working as a team to beat the others: how to react faster which square is best to go to first, order of play. Noughts & Crosses Rock Paper Scissors	<ul style="list-style-type: none"> Outdoor Tag/relay game One team in a square with tags on (TAG team), One team lined up along one edge of the square (chasers). X1 one at a time the chaser come in and try steal a tag, when they've done that they join back of queue this repeats until all the Tags are out. Chasers need to strategize how to beat their time and get all the tag team out.	
Week 5	OAA	OAA	OAA	
Lesson 1	Outdoor Capture the Flag Introduce the Jail Remind them of roles responsibilities Increase the size of the area e.g. top pitch and bottom pitch.	Outdoor Capture the Flag Introduce the Jail Remind them of roles responsibilities Increase the size of the area e.g. top pitch and bottom pitch.	<ul style="list-style-type: none"> Indoor: Trust games Blind fold games Sheep Pen students Develop listening skills, verbal skills importance of keeping instructions simple.	

Lesson 2	<ul style="list-style-type: none"> Indoor: Trust games Blind fold games Sheep Pen students Develop listening skills, verbal skills importance of keeping instructions simple.	<ul style="list-style-type: none"> Indoor: Trust games Blind fold games Sheep Pen students Develop listening skills, verbal skills importance of keeping instructions simple.	Outdoor Capture the Flag Introduce the Jail Remind them of roles responsibilities Increase the size of the area e.g. top pitch and bottom pitch.	
Lesson 3	<ul style="list-style-type: none"> Outdoor: capture the Flag 4 corner version Makes the game faster and students have to be hyper vigilant. 	<ul style="list-style-type: none"> Outdoor: capture the Flag 4 corner version Makes the game faster and students have to be hyper vigilant. 	<ul style="list-style-type: none"> Indoor: Blind fold games cont: Look at getting team mates across a mine field of cones. 	<ul style="list-style-type: none">
Week 6	OAA	OAA	OAA	
Lesson 1	Indoor/back of sports hall: River crossing: Using a bench/mat/ hoola hoop. Students work as a team to get across the sports hall. If they touch the floor they have to start again	Indoor/back of sports hall: River crossing: Using a bench/mat/ hoola hoop. Students work as a team to get across the sports hall. If they touch the floor they have to start again	<ul style="list-style-type: none"> Outdoor: capture the Flag 4 corner version Makes the game faster and students have to be hyper vigilant. 	
Lesson 2	Outdoor: Hoop game: Rock paper scissors Noughts and Crosses	Outdoor: Hoop game: Rock paper scissors Noughts and Crosses	Indoor/back of sports hall: River crossing: Using a bench/mat/ hoola hoop. Students work as a team to get across the sports hall.	

			If they touch the floor they have to start again	
Week 7	Group One: Athletics	Group Two: Striking & Fielding: cricket	Group Two: Striking & Fielding : rounders	Group Three: Athletics
Lesson 1	Pacing lesson & 800m	Perform a range of fielding techniques including the long barrier. Apply fielding techniques to a pairs cricket game. Evaluate own and others fielding performances.	Demonstrate an appropriate Ready Position and Long Barrier.	Javelin
Lesson 2	100m Sprint start & tech	Describe the basic teaching points for batting, including both attacking & defensive shots. Apply teaching points to drills and a paired cricket game. Evaluate own and others batting technique and performance	Discus rules to bowling and identify effective technique	Measure javelin
Lesson 3	Javelin	Perform different ways to run a batsman out. Apply techniques to drills and a paired cricket game. Evaluate own and others performance.	Speed between bases. Recognise how to adjust body position for balls delivered at different heights in small group practices	Pacing lesson & 600m
Week 8	1: Athletics	2: Striking & Fielding: cricket	2: Striking & Fielding : rounders	3: Athletics
Lesson 1	Measure Javelin	Define and demonstrate the bowling technique	Perform a conditioned practice in a small group demonstrating previously learned skills of bowling and batting Show and discuss judgement in running between posts	100m Sprint start & tech

		<p>Apply bowling technique to non-competitive and competitive situations.</p> <p>Reflect on performance and suggest ways to improve.</p>		
Lesson 2	Baton Change Over	<p>Define the importance of communication when batting.</p> <p>Apply techniques discussed to paired cricket game</p> <p>Reflect on performance and suggest ways to improve</p>	<p>A good fielder:</p> <p>Look at decision making Speed in the field and reaction time.</p>	Shot Put
Week 9	1. Athletics	2. Striking & Fielding: cricket	2. Striking & Fielding : rounders	3. Athletics
Lesson 1	Relay races	<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>Game Play:</p> <p>Have 3 small teams: x1 batting team x1 inner field team x1 deep field team</p> <p>Help students understand the differences between inner fielding roles and deep field how they can support each other.</p>	Measure Shot Put
Lesson 2	Shot Put	<p>Assessment Lesson & Competition.</p> <p>Evaluate the strengths & weaknesses of each team's bowling, batting & Fielding.</p>	<p>Tournaments:</p> <p>Team captains x1 fielding captain x1 batting captain on each team</p>	Baton change overs
Lesson 3	Measure Shot Put team's bowling, batting & Fielding.	<p>Assessment Lesson & Competition.</p> <p>Evaluate the strengths & weaknesses of each</p>	<p>Tournament:</p> <p>Playing to win, game of two innings see if each team can improve between each innings</p>	Relay Races
Week 10	Group One: Striking & Fielding	Group Two: Athletics	Group Three: Striking & Fielding	Cricket

Lesson 1	See Group two's Cricket and Rounders learning intention	Javelin	See Group two's Cricket and Rounders learning intention	Perform a range of fielding techniques including the long barrier. Apply fielding techniques to a pairs cricket game. Evaluate own and others fielding performances.
Lesson 2	See Group two's Cricket and Rounders learning intention	Measure javelin	See Group two's Cricket and Rounders learning intention	Describe the basic teaching points for batting, including both attacking & defensive shots. Apply teaching points to drills and a paired cricket game. Evaluate own and others batting technique and performance.
Week 11	Striking & Fielding	Athletics	Striking & Fielding	Cricket
Lesson 1	See Group two's Cricket and Rounders learning intention	Pacing lesson & 600m	See Group two's Cricket and Rounders learning intention	Perform different ways to run a batter out. Apply techniques to drills and a paired cricket game. Evaluate own and others performance.
Lesson 2	See Group two's Cricket and Rounders learning intention	100m Sprint start & tech	See Group two's Cricket and Rounders learning intention	Define and demonstrate the bowling technique Apply bowling technique to non-competitive and competitive situations. Reflect on performance and suggest ways to improve.
Lesson 3	See Group two's Cricket and Rounders learning intention	Shot Put	See Group two's Cricket and Rounders learning intention	Define the importance of communication when batting.

				<p>Apply techniques discussed to paired cricket game</p> <p>Reflect on performance and suggest ways to improve</p>
Week 12	Striking & Fielding	Athletics	Striking & fielding	Cricket
Lesson 1	See Group two's Cricket and Rounders learning intention	Measure the Shot Put	See Group two's Cricket and Rounders learning intention	<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>
Lesson 2	See Group two's Cricket and Rounders learning intention	Baton change overs & races	See Group two's Cricket and Rounders learning intention	<p>Assessment Lesson & Competition. Evaluate the strengths & weaknesses of each team's bowling, batting & Fielding.</p>