

9 North & South	Male learning Intentions set 1	Male learning Intentions set 2	Female learning Intentions set 1	Female learning Intentions set 2
Week 1	Fitness	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>	<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>	<p>Australian Relays</p> <p>X4 teams working together to try and catch the other teams.</p> <p>Interval Training.</p>
Week 2	Fitness	Fitness	Fitness	Fitness
Lesson 1	<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>	<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>
Lesson 2	<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</p> <p>Relays using the netball: running keeping the ball in the air, Run and pass against the wall, circle drills.</p>	<p>Netball Skills & Cardio vascular Fitness</p> <p>Relays using the netball: running keeping the ball in the air, Run and pass against the wall, circle drills.</p>

Week 3	Fitness	Fitness	Fitness	Fitness
Lesson 1	<p>Cardio Circuit 2 mins each station & repeat Jogging Skipping Star Jumps Step ups</p>	<p>Strength Circuit 2mins each station & Repeat Sit ups Burpees Plank Squats against the wall</p>	<p>Cardio Circuit 2mins each station & repeat Jogging Skipping Star Jumps Step ups</p>	<p>Strength Circuit 2mins each station & Repeat Sit ups Burpees Plank Squats against the wall</p>
Lesson 2	<p>Strength Circuit 2mins each station & Repeat Sit ups Burpees Plank Squats against the wall</p>	<p>Cardio Circuit 2 mins each station & repeat Jogging Skipping Star Jumps Step ups</p>	<p>Strength Circuit 2mins each station & Repeat Sit ups Burpees Plank Squats against the wall</p>	<p>Cardio Circuit 2 mins each station & repeat Jogging Skipping Star Jumps Step ups</p>
Week 4	Cricket	Athletics	Rounders	Athletics
Lesson 1	<p>Recap the basic skills from Cricket activities from Year 8</p> <p>Put into practice these skills in a small sided modified game</p> <p>Utilise these skills with increasing effectiveness and consistency in order to improve the chances of winning the game</p>	Boys: Sprint	<p>Accurate & fast throws. Isolation practice of all the throws Then: 4's – batter, bowler, backstop, retriever. Aim towards hands of backstop. Rules-bowling box.</p>	Girls: Javelin & run up
Lesson 2	<p>Describe the use of defensive block</p> <p>Apply the teaching points for the defensive block into a practise</p> <p>Evaluate each other's ability to perform the skill practised in the lesson in a game situation</p>	Boys: Sprint	<p>Batting for accuracy 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. 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>	Girls: Javelin Measure

Week 5	Cricket	Athletics	Rounders	Athletics
Lesson 1	<p>Progression from the block to driving the ball. When have you seen it used & types of delivery use against?</p> <p>Develop the drive in a controlled practice situation</p> <p>Pairs cricket game reflecting on the skills learned during the practise time</p>	Boys: javelin & run up	<p>Effective fielding team? 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. Roles of fielding positions, who to pass to and when, awareness of other players. 1 pupil from each team to umpire. Swap roles.</p>	Girls: sprint
Lesson 2	<p>Analyse the technique involved in bowling Apply variation (change of speed, length, flight) to improve personal bowling performance Evaluate personal performance and reflect on how improvements could be made</p>	Boys: javelin & run up	<p>Effective Fielding Throw rounders: on two pitches for smaller teams x3 balls thrown looking for gaps in the fielding spaces. Fielders have to get the ball back to the basket in the bowlers square before player can run full rounder. Rounders game. 2 teams - work on communication between bases. Have one person making the calls</p>	Girls: Sprint
Week 6	Cricket	Athletics	Rounders	Athletics
Lesson 1	<p>List the wicket keeper's roles and responsibilities.</p> <p>Relate these to practices specific to the role of a wicket keeper Modified game / practice where the wicket keeper scores additional points for their team</p>	Boys: javelin Measure	<p>Golden triangle: Explain the process: have quick practice games to let people have a go. 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>	Girls: baton tech & races
Lesson 2	<p>Assessment lesson Describe the tactics used to be successful in cricket.</p>	Boys: baton tech and races	<p>Tournament Assessment lesson. Students to openly discuss tactics Try to look for rules being broken</p>	Girls: Shot put & step spin

	<p>Apply tactics discussed to your team's game.</p> <p>Evaluate team's performance and whether or not tactics were successful</p>			
Week 7	Athletics	Softball	Athletics	Cricket
Lesson 1	Boys: Sprint	<p>Accurate & fast throws. Isolation practice of all the throws Then: 4's – batter, bowler, backstop, retriever. Aim towards hands of backstop. Rules-bowling box.</p>	Girls: Javelin & run up	<p>Recap the basic skills from Cricket activities from Year 8</p> <p>Put into practice these skills in a small sided modified game</p> <p>Utilise these skills with increasing effectiveness and consistency in order to improve the chances of winning the game</p>
Lesson 2	Boys: Sprint	<p>Batting for accuracy 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. 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>	Girls: Javelin Measure	<p>Describe the use of defensive block</p> <p>Apply the teaching points for the defensive block into a practise</p> <p>Evaluate each other's ability to perform the skill practised in the lesson in a game situation</p>
Week 8	Athletics	Softball	Athletics	Cricket
Lesson 1	Boys: javelin & run up	<p>Effective fielding team? 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>	Girls: sprint	<p>Progression from the block to driving the ball. When have you seen it used & types of delivery use against?</p>

		Roles of fielding positions, who to pass to and when, awareness of other players. 1 pupil from each team to umpire. Swap roles.		Develop the drive in a controlled practice situation Pairs cricket game reflecting on the skills learned during the practise time
Lesson 2	Boys: javelin & run up	Golden triangle: Explain the process: have quick practice games to let people have a go. 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	Girls: Sprint	Analyse the technique involved in bowling Apply variation (change of speed, length, flight) to improve personal bowling performance Evaluate personal performance and reflect on how improvements could be made
Week 9	Athletics	Softball	Athletics	Cricket
Lesson 1	Boys: javelin Measure	Tournament Assessment lesson. Students to openly discuss tactics Try to look for rules being broken	Girls: baton tech & races	List the wicket keeper's roles and responsibilities. Relate these to practices specific to the role of a wicket keeper Modified game / practice where the wicket keeper scores additional points for their team
Lesson 2	Boys: baton tech and races	Tournament Assessment lesson. Students to openly discuss tactics Try to look for rules being broken	Girls: Shot put & step spin	Assessment lesson Describe the tactics used to be successful in cricket. Apply tactics discussed to your team's game. Evaluate team's performance and whether or not tactics were successful
Week 10	Softball	Cricket	Cricket	Rounders
Lesson 1		Recap the basic skills from Cricket activities from Year 8	Recap the basic skills from Cricket activities from Year 8	Accurate & fast throws. Isolation practice of all the throws Then:

		<p>Put into practice these skills in a small sided modified game</p> <p>Utilise these skills with increasing effectiveness and consistency in order to improve the chances of winning the game</p>	<p>Put into practice these skills in a small sided modified game</p> <p>Utilise these skills with increasing effectiveness and consistency in order to improve the chances of winning the game</p>	<p>4's – batter, bowler, backstop, retriever. Aim towards hands of backstop. Rules-bowling box.</p>
Lesson 2		<p>Describe the use of defensive block</p> <p>Apply the teaching points for the defensive block into a practise</p> <p>Evaluate each other's ability to perform the skill practised in the lesson in a game situation</p>	<p>Describe the use of defensive block</p> <p>Apply the teaching points for the defensive block into a 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>
Week 11	Softball	Cricket	Cricket	Rounders
Lesson 1		<p>Progression from the block to driving the ball.</p> <p>When have you seen it used & types of delivery use against?</p> <p>Develop the drive in a controlled practice situation</p> <p>Pairs cricket game reflecting on the skills learned during the practise time</p>	<p>Progression from the block to driving the ball.</p> <p>When have you seen it used & types of delivery use against?</p> <p>Develop the drive in a controlled practice situation</p> <p>Pairs cricket game reflecting on the skills learned during the practise time</p>	<p>Effective fielding team?</p> <p>4's-3 fielders, 1 batter. How can fielders support each other?</p> <p>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>
Lesson 2		<p>Analyse the technique involved in bowling</p> <p>Apply variation (change of speed, length, flight) to improve personal bowling performance</p>	<p>Analyse the technique involved in bowling</p> <p>Apply variation (change of speed, length, flight) to improve personal bowling performance</p>	<p>Effective Fielding</p> <p>Throw rounders: on two pitches for smaller teams x3 balls thrown looking for gaps in the fielding spaces. Fielders have to get the ball back to the basket in the bowlers square before player can run full rounder.</p>

		Evaluate personal performance and reflect on how improvements could be made	Evaluate personal performance and reflect on how improvements could be made	Rounders game. 2 teams - work on communication between bases. Have one person making the calls
Week 12	Softball	Cricket	Cricket	Rounders
Lesson 1		<p>List the wicket keeper's roles and responsibilities.</p> <p>Relate these to practices specific to the role of a wicket keeper Modified game / practice where the wicket keeper scores additional points for their team</p>	<p>List the wicket keeper's roles and responsibilities.</p> <p>Relate these to practices specific to the role of a wicket keeper Modified game / practice where the wicket keeper scores additional points for their team</p>	<p>Golden triangle: Explain the process: have quick practice games to let people have a go. 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>
Lesson 2		<p>Assessment lesson 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>Assessment lesson 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: Assessment lesson Students to openly discuss tactics Try to look for rules being broken</p>