

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

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><b>In the last Half term all PE groups will be doing Athletics and Striking &amp; Fielding. Staff will decide when each group will take part in their athletics lesson and which striking &amp; 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 &amp; Fielding, with 3 weeks of on one game and 3 weeks on another.</b></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><b>Accurate &amp; fast throws.</b></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><b>Accurate &amp; fast throws.</b></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 &amp; hook shots (back foot) &amp; 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><b>Batting for accuracy</b></p> <p>Recap batting technique (grip, stance, action) T.P's; Bat out to side of body &amp; 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><b>Batting for accuracy</b></p> <p>Recap batting technique (grip, stance, action) T.P's; Bat out to side of body &amp; 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 &amp; leg)</p> <p>Evaluate personal performance and reflect on how improvements could be made</p>	<p><b>Effective fielding team?</b></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><b>Effective fielding team?</b></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><b>Golden triangle:</b></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><b>Golden triangle:</b></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><b>Tournament</b></p> <p>Assessment lesson.</p> <p>Students to openly discuss tactics</p> <p>Try to look for rules being broken</p>	<p><b>Tournament</b></p> <p>Assessment lesson.</p> <p>Students to openly discuss tactics</p> <p>Try to look for rules being broken</p>	Sprints: 200M Races
Lesson1	<p>This final week there will be Mini tournaments between groups, varying in forms for example form group competition or competition between sets. Students will be putting all the skills of the game and knowledge of results into practice. There will also be a sports day, where as many students as possible will be encouraged to take part.</p>			
Lesson 2				