

Year 10	Group One	Group Two	Group Three
	Football	Netball	Table Tennis
WEEK 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 be able to confidently perform with accuracy, pivots and stops when passing, receiving, and moving forward, back and to the sides.</p>	<p>To perform and replicate a legal table tennis serve with control and accuracy.</p> <p>To develop the skill of outwitting an opponent using a variety of serves.</p> <p>To be able to accurately replicate a variety of shots, implementing basic strategies and tactics.</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 accurately replicate a forehand topspin shot in a game.</p> <p>To understand the importance of movement and preparation for an effective forehand shot.</p> <p>To understand how to adjust shot selection based on opponents positioning.</p>
WEEK 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 confidently perform with accuracy, at speed, height, distance, strength or accuracy when passing and receiving on the move</p>	<p>To be able to accurately replicate a Backhand topspin shot in a game.</p> <p>To understand the importance of movement and preparation for an effective backhand shot.</p> <p>To understand how to adjust shot selection based on opponents positioning.</p>
	<p>To perform set plays & crosses using varying height, speed and positioning.</p> <p>To develop creativity in developing new strategies from corner kicks in attack and defence.</p> <p>To understand techniques to stop opponents outwitting them i.e. goal side, man to man tactics.</p>	<p>Begin to understand the Umpiring role in netball: Positioning, Signals, Responsibilities, Sanctions</p>	<p>To understand and develop the use of spin and shot selection.</p> <p>To understand the tactics and movement patterns in singles.</p> <p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.</p>

	To incorporate corner kicks, goalkeeping, defending and attacking strategies in full sided games.		To demonstrate a variety of tactics based on the movements of others and the ball.
WEEK 3	Game Play Students ref/ump games Students manage own teams	Game Play Students ref/ump games Students manage own teams	Game Play Students ref/ump games Students manage own teams/pairs
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	Basketball	Football	Dodgeball
WEEK 4	To be able to use either hand to dribble and score. To be able to outwit opponents using techniques at speed and with accuracy. To develop and implement strategic and tactical play.	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.	Various versions of dodgeball: Skills needed to play: throwing, catching, dodging, interceptions
	To be able to replicate strategies for attack. i.e. screens, posts. To understand the benefits of using strategic and tactical plans to produce a successful attack. To appreciate the need to make adjustments and adaptations when performing in order to outwit opponents.	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.	Various versions of dodgeball: Positioning on the pitch: Together as a group? Alone? Where to throw from? Where to best get an interception? Where best to get a catch?
WEEK 5	To be able to replicate shooting core skills. To understand the need to create space to shoot and begin to work on this in a game situation. To demonstrate an ability to analyse performances with sound/accurate information.	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.	Tactics as a team: look for strongest or weakest first? Throw altogether or work as individuals? Protection of certain players?

	<p>To understand and perform attacking movements as a unit incorporating the use of width and speed.</p> <p>To be able to perform angled runs to create opportunity to outwit opponents.</p> <p>To be able to evaluate how well it has been achieved and find ways to improve strategies.</p>	<p>To perform set plays & crosses using varying height, speed and positioning.</p> <p>To develop creativity in developing new strategies from corner kicks in attack and defence.</p> <p>To understand techniques to stop opponents outwitting them i.e. goal side, man to man tactics.</p> <p>To incorporate corner kicks, goalkeeping, defending and attacking strategies in full sided games.</p>	<p>4 Team Dodgeball</p> <p>How do the skills differ in this version</p> <p>Introduce different roles e.g. star player/medic</p>
WEEK 6	<p>Game play:</p> <p>Mini tournament</p> <p>Students involved in refereeing</p> <p>Students manage own teams</p>	<p>Game Play</p> <p>Students ref/ump games</p> <p>Students manage own teams</p>	<p>4 team Dodgeball</p> <p>Can they think of a new role or any new rules?</p>
	<p>Game play:</p> <p>Mini tournament</p> <p>Students involved in refereeing</p> <p>Students manage own teams</p>	<p>Game Play</p> <p>Students ref/ump games</p> <p>Students manage own teams</p>	<p>Dodgeball game of choice</p>
	<p>Table Tennis/football when exams are on</p>	<p>Just dance</p>	<p>Basketball</p>
WEEK 7	<p>To perform and replicate a legal table tennis serve with control and accuracy.</p> <p>To develop the skill of outwitting an opponent using a variety of serves.</p> <p>To be able to accurately replicate a variety of shots, implementing basic strategies and tactics.</p>	<p>Using Various music videos from the internet:</p> <p>Always start with a warm-up discuss tempo of music etc</p> <p>More upbeat higher intensity music talking about heart rate calorie burning</p> <p>Cool down: lower temperature & heart rate recovery</p> <p>Discuss benefits of music for mental health and wellbeing.</p>	<p>To be able to use either hand to dribble and score.</p> <p>To be able to outwit opponents using techniques at speed and with accuracy.</p> <p>To develop and implement strategic and tactical play.</p>
	<p>To be able to accurately replicate a forehand topspin shot in a game.</p> <p>To understand the importance of movement and preparation for an effective forehand shot.</p> <p>To understand how to adjust shot selection based on opponents positioning.</p>	<p>Using Various music videos from the internet:</p> <p>Discuss Intensity and Effort</p> <p>e.g. lower intensity = stepping higher intensity = jumping</p>	<p>To be able to replicate strategies for attack. i.e. screens, posts.</p> <p>To understand the benefits of using strategic and tactical plans to produce a successful attack.</p>

		Talk about the benefits & doing more effort during the dance.	To appreciate the need to make adjustments and adaptations when performing in order to outwit opponents.
WEEK 8	To be able to accurately replicate a Backhand topspin shot in a game. To understand the importance of movement and preparation for an effective backhand shot. To understand how to adjust shot selection based on opponents positioning.	Using Various music videos from the internet: Discuss the benefits upon mental health: how can dancing to music improve our mental health?	To be able to replicate shooting core skills. To understand the need to create space to shoot and begin to work on this in a game situation. To demonstrate an ability to analyse performances with sound/accurate information.
	To understand and develop the use of spin and shot selection. To understand the tactics and movement patterns in singles. To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To demonstrate a variety of tactics based on the movements of others and the ball.	Using Various music videos from the internet: Theme week: students get to choose favourite types of music style to dance to. Discuss any differences the style of music can have on overall well being.	To understand and perform attacking movements as a unit incorporating the use of width and speed. To be able to perform angled runs to create opportunity to outwit opponents. To be able to evaluate how well it has been achieved and find ways to improve strategies.