

	7CR 1 & 5	7CR 2 & 6	7CR 3 & 4
	Fitness	Fitness	Fitness
WEEK 1	12min Cooper Run  Baseline fitness test to measure all students basic level of cardiovascular Fitness  Score to be recorded and Repeated at the end of the 4 week Block.	12min Cooper Run  Baseline fitness test to measure all students basic level of cardiovascular Fitness  Score to be recorded and Repeated at the end of the 4 week Block.	12min Cooper Run  Baseline fitness test to measure all students basic level of cardiovascular Fitness  Score to be recorded and Repeated at the end of the 4 week Block.
	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	Relay Races Basic Running relays with extra exercises e.g. burpee, star jump, heel flicks, high knees, spotty dogs Interval training
WEEK 2	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	Australian Relays  X4 teams working together to try and catch the other teams.  Interval Training
	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.	Football skills & Cardio vascular training.  Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap. Circle drills.
	Basketball Drills & cardio Vascular Training Dribbling, Keeping the ball in the air, Dribble and shoot, circle drills, passing against the wall.	Basketball Drills & cardio Vascular Training Dribbling, Keeping the ball in the air, Dribble and shoot, circle drills, passing against the wall.	Basketball Drills & cardio Vascular Training Dribbling, Keeping the ball in the air, Dribble and shoot, circle drills, passing against the wall.
	Rugby Fitness drills  Ball handling Relays Circle drills Passing and moving down the line	Rugby Fitness drills  Ball handling Relays Circle drills Passing and moving down the line	Rugby Fitness drills  Ball handling Relays Circle drills Passing and moving down the line

WEEK 4	Netball	Rugby	Table Tennis
	Perform the basic land and pivot Footwork principle  Passing the ball to a moving player. Footwork on the move catching and landing.	Ball handling skills Throwing and Catching technique Moving and placing the rugby ball down	To be able to demonstrate & use the correct grip. To be able to accurately replicate a basic backhand push shot. To understand the basic scoring and rules.
	Positions on the court Knowing the off-side rule	Tag Rugby Drills Looking at dodging Looking at Basic grab tag technique	To perform and replicate a legal table tennis serve. To be able to accurately replicate a variety of shots, including backhand push and serve. To understand the scoring and rotation needed for doubles games.
WEEK 5	Principles of attack: moving into a space. Importance of Possession: passing and moving.	Passing the Rugby Ball Passing basic  Small sided tag game no restriction of direction you can throw the ball focus on moving with the ball and passing under pressure	To be able to replicate a basic forehand push. To begin to develop strategic and tactical play during a rally. To confidently score a game of doubles.
	Principles of defence: What skills do defenders need. Shadowing & tracking a player	Passing backwards Passing in lines/waves  Small sided games looking at passing backwards	To be able to accurately replicate a forehand topspin shot. To understand the importance of movement and preparation for an effective forehand shot. To understand how to adjust shot selection based on opponents positioning.
WEEK 6	Game Play: being able to play in more than one position.  Focus upon Footwork and the rules regarding this skill	Defensive lines & re setting the ball  Looking how the game is set up Thinking about spacing of lines Getting back in positions	To develop their understanding and knowledge of the rules of singles matches. To understand and develop the use of spin and shot selection. To understand the tactics and movement patterns in singles.
	Game Play: being able to play in more than one position. Discussion of own strengths & areas for improvement. Teacher assessment.	Teacher assessment:  Game play Putting all the rules and positioning into games	To develop their understanding and knowledge of the rules of singles matches. To understand and develop the use of spin and shot selection.

			To understand the tactics and movement patterns in singles.
	Rugby	Gymnastics	Netball
WEEK 7	Ball handling skills Throwing and Catching technique Moving and placing the rugby ball down	Body Tension, Counter Balance and Counter Tension <ul style="list-style-type: none"> <li>• What are the 3 's'</li> <li>• Working to create a small routine.</li> </ul>	Perform the basic land and pivot Footwork principle  Passing the ball to a moving player. Footwork on the move catching and landing.
	Tag Rugby Drills Looking at dodging Looking at Basic grab tag technique	Basic AcroGymnastics. <ul style="list-style-type: none"> <li>• Pair balances</li> <li>• Safety principles using the correct grip &amp; moving in and out of balance.</li> <li>• Stand on Knee, Flying Angel.</li> </ul>	Positions on the court Knowing the off-side rule
WEEK 8	Passing the Rugby Ball Passing basic  Small sided tag game no restriction of direction you can throw the ball focus on moving with the ball and passing under pressure	Pair balances. <ul style="list-style-type: none"> <li>• Exploring the gym cards</li> <li>• Create 3 balances using the 3 S</li> </ul>	Principles of attack: moving into a space. Importance of Possession: passing and moving.
	Passing backwards Passing in lines/waves  Small sided games looking at passing backwards	Linking Balances: <ul style="list-style-type: none"> <li>• Think about movement between balances</li> <li>• Create a small routine</li> </ul>	Principles of defence: What skills do defenders need. Shadowing & tracking a player

