

	8CR 1 & 4	8CR 2 & 3	8CR 6 & 5
	Fitness	Fitness	Fitness
WEEK 1	12min Cooper Run Baseline fitness test to measure all students basic level of cardiovascular Fitness	12min Cooper Run Baseline fitness test to measure all students basic level of cardiovascular Fitness	12min Cooper Run Baseline fitness test to measure all students basic level of cardiovascular Fitness
	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.
WEEK 3	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
	Netball	Rugby	Table Tennis

WEEK 4	Develop footwork: Working at driving towards the ball Developing passing: working at passing and receiving the ball at different distances and speed.	Re cap passing and ball handling skills Small sided tag rugby games looking at tag techniques	To be able to demonstrate & use the correct grip and understand the ready position. To be able to accurately replicate a basic backhand push shot. To demonstrate basic scoring and apply the rules of double game play. To understand when to use a backhand push in a game.
	Develop attacking: Dodging and Changing direction. Working with both passive and active defenders.	Small tag games using the ball: Passing in any direction Passing back wards Scoring a try	To perform and replicate a legal table tennis serve with control and accuracy. To develop the skill of outwitting an opponent on serve. To understand the scoring and rotation needed for doubles games.
WEEK 5	Develop defending: Reviewing shadowing skills. Looking at getting arms up in front of a player.	Small sided games: Recap how to re start. Recap defensive line.	To be able to replicate a basic forehand push. To understand the importance of movement and ball placement in order to win points. To understand when to use a forehand push in a game.
	Outwitting opponents: Thinking about which pass to use in different situations.	Small sided games focus upon attack Increase size of the pitch to help create space Conditions: try to make three passes in a row for bonus points. Different try scorers Look at creating width and 'dummy' passes	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	Tactical play e.g. Free pass/ penalty pass who should take the pass and why? Positioning on court for certain scenarios.	Touch Rugby: Looking at the hold without tags Introduce the held rule	To develop their understanding and knowledge of basic outwitting strategies. To understand and develop the use of spin and shot selection. To understand the double tactics and movement patterns.
	Game Play: Thinking about passing and positioning on court. Discussion of own strengths & areas for improvement. Teacher Assessment	Game play tournament Teacher Assessment	To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To know and use the different types of shots.

			Teacher Assessment
	Rugby	Gymnastics	Netball
WEEK 7	Re cap passing and ball handling skills Small sided tag rugby games looking at tag techniques	Recap: Body Tension, Counter Balance and Counter Tension <ul style="list-style-type: none"> Reminder of the 3 's' Working to create a small routine. 	Develop footwork: Working at driving towards the ball Developing passing: working at passing and receiving the ball at different distances and speed
	Small tag games using the ball: Passing in any direction Passing back wards Scoring a try	Basic Acro gymnastics. <ul style="list-style-type: none"> Pair balances Safety principles using the correct grip & moving in and out of balance. Stand on Knee, Flying Angel. Add these to basic routine 	Develop attacking: Dodging and Changing direction. Working with both passive and active defenders.
WEEK 8	Small sided games: Recap how to re start. Recap defensive line.	Larger group balances. <ul style="list-style-type: none"> Can build upon basic balances to include other students. Recall the basic balances from yr7 to add to the acro balances. Add to their routine 	Develop defending: Reviewing shadowing skills. Looking at getting arms up in front of a player.
	Small sided games focus upon attack Increase size of the pitch to help create space Conditions: try to make three passes in a row for bonus points. Different try scorers Look at creating width and 'dummy' passes	Continue to explore balances: How to successfully try out a new balance. Explore different more complicated balances. Being able to look at a resource to figure out how to approach a new balance.	Outwitting opponents: Thinking about which pass to use in different situations.