

|        | 9CR 2 & 3  | 9 CR 4 & 5   | 9CR 1 & 6  |
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|        | Fitness  | Fitness  | Fitness  |
| WEEK 1 | 12min Cooper Run<br><br>Baseline fitness test to measure all students basic level of cardiovascular Fitness<br><br>Score to be recorded and Repeated at the end of the 4 week Block. | 12min Cooper Run<br><br>Baseline fitness test to measure all students basic level of cardiovascular Fitness<br><br>Score to be recorded and Repeated at the end of the 4 week Block. | 12min Cooper Run<br><br>Baseline fitness test to measure all students basic level of cardiovascular Fitness<br><br>Score to be recorded and Repeated at the end of the 4 week Block. |
|        | Relay Races<br>Basic Running relays with extra exercises e.g. burpee, star jump, heel flicks, high knees, spotty dogs<br>Interval training   | Relay Races<br>Basic Running relays with extra exercises e.g. burpee, star jump, heel flicks, high knees, spotty dogs<br>Interval training   | Relay Races<br>Basic Running relays with extra exercises e.g. burpee, star jump, heel flicks, high knees, spotty dogs<br>Interval training   |
| WEEK 2 | Australian Relays<br><br>X4 teams working together to try and catch the other teams.<br><br>Interval Training  | Australian Relays<br><br>X4 teams working together to try and catch the other teams.<br><br>Interval Training  | Australian Relays<br><br>X4 teams working together to try and catch the other teams.<br><br>Interval Training  |
|        | Football skills & Cardiovascular training.<br><br>Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap.<br>Circle drills.                                     | Football skills & Cardiovascular training.<br><br>Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap.<br>Circle drills.                                     | Football skills & Cardiovascular training.<br><br>Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap.<br>Circle drills.                                     |
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| WEEK 3 | Basketball Drills & cardio Vascular Training<br>Dribbling, Keeping the ball in the air, Dribble and shoot, circle drills, passing against the wall.                                  | Basketball Drills & cardiovascular Training<br>Dribbling, Keeping the ball in the air, Dribble and shoot, circle drills, passing against the wall.                                   | Basketball Drills & cardiovascular Training<br>Dribbling, Keeping the ball in the air, Dribble and shoot, circle drills, passing against the wall.                                   |
|        | Rugby Fitness drills<br><br>Ball handling Relays<br>Circle drills  | Rugby Fitness drills<br><br>Ball handling Relays<br>Circle drills  | Rugby Fitness drills<br><br>Ball handling Relays<br>Circle drills  |

|        | Passing and moving down the line  | Passing and moving down the line   | Passing and moving down the line  |
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|        | Football  | Table Tennis   | Netball   |
| WEEK 4 | <p>To understand the benefits of passing and where different types of passes should be used i.e. Over defensive line.</p> <p>To be able to outwit opponents with a variety of passes.</p> <p>To be able to perform these passes in a small sided game.</p>  | <p>To be able to demonstrate &amp; use the correct grip and understand the ready position.</p> <p>To be able to accurately replicate a basic backhand push shot.</p> <p>To understand the basic scoring and rules of double game play.</p> <p>To begin to outwit opponents with the movement of the ball.</p>  | Game Play – Positions and rule recap  |
|        | <p>To be able to use the different parts of the body to control the ball.</p> <p>To perform and replicate different types of dribbling with control, speed and fluency in a pressured situation.</p> <p>To outwit opponents with the combination of advanced turns and dribbles making decisions about how best to advance on opposition.</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 combination of shots.</p> <p>To be able to accurately replicate a variety of shots, implementing basic strategies and tactics.</p> <p>To understand the scoring and rotation needed for doubles games.</p> | Passing and Footwork: Running pass<br>Performing in drill and game.   |
| WEEK 5 | <p>To be able to outwit opponents using dummies &amp; step overs at speed.</p> <p>To understand the importance of width</p> <p>Demonstrate knowledge of when to play to feet and when to play into space in order to attack.</p> <p>To develop strategic and tactical play.</p>   | <p>To be able to replicate a basic forehand push.</p> <p>To understand the importance of movement and ball placement in order to win points.</p> <p>To begin to develop strategic and tactical play during a rally.</p> <p>To confidently score a game of doubles.</p>   | Channelling: either side and then middle. Link to use of space and options for passing. Either ahead or lateral.            |
|        | <p>To perform a variety of shooting techniques on goal. i.e. low drive, chip and volley.</p> <p>To appreciate how to adjust shot selection based on opponents positioning.</p> <p>To be able to assess &amp; evaluate shooting techniques and suggest ways to improve.</p>  | <p>To be able to accurately replicate a forehand topspin shot.</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>   | Positioning on court and defensive pressure : Using channels, game play to ensure there is more than one option for a pass. |
| WEEK 6 | develop their understanding and knowledge of how to stop attack effectively.  | To develop their understanding and knowledge of basic outwitting strategies.   | Tactical play and set pieces: looking at different on court scenarios.  |

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|        | <p>To perform the different types of defensive techniques in different situation e.g. jockeying, goal side, closing down &amp; slide tackling.</p> <p>To understand and appreciate the need to make decisions about choice of defensive strategy.</p>   | <p>To understand and develop the use of spin and shot selection.</p> <p>To refine tactics based on opponents' weaknesses.</p> <p>To understand the double tactics and movement patterns.</p>  |  |
|        | <p>To perform set plays &amp; 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 small games.</p> | <p>To develop their understanding and knowledge of the rules of singles matches.</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>Team planning: Creating own tactics for set pieces looking to adjust to beat different teams</p>  |
|        | Basketball  | Football  | Table Tennis   |
| WEEK 7 | <p>To be able to perform passing, receiving, dribbling, shooting techniques to outwit opposition at pace.</p> <p>To be able to perform a combination of these skills in a small sided game with success.</p> <p>To understand and develop knowledge of required fitness and diet required to sustain a good basketball performance.</p>   | <p>To understand the benefits of passing and where different types of passes should be used i.e. Over defensive line.</p> <p>To be able to outwit opponents with a variety of passes.</p> <p>To be able to perform these passes in a small sided game.</p>  | <p>To be able to demonstrate &amp; use the correct grip and understand the ready position.</p> <p>To be able to accurately replicate a basic backhand push shot.</p> <p>To understand the basic scoring and rules of double game play.</p> <p>To begin to outwit opponents with the movement of the ball.</p>  |
|        | <p>To perform and accurately replicate a range of layup variations to outwit opponents.</p> <p>To understand the need of tactical movements and strategies to invade opponent's half.</p> <p>To perform the non-dominant lay up and make decisions about choice of techniques in each situation</p>   | <p>To be able to use the different parts of the body to control the ball.</p> <p>To perform and replicate different types of dribbling with control, speed and fluency in a pressured situation.</p> <p>To outwit opponents with the combination of advanced turns and dribbles making decisions about how best to advance on opposition.</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 combination of shots.</p> <p>To be able to accurately replicate a variety of shots, implementing basic strategies and tactics.</p> <p>To understand the scoring and rotation needed for doubles games.</p> |

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| WEEK 8 | <p>To be able to outwit opponents with the use of defending skills. <i>i.e. zone and man to man defense.</i></p> <p>To be able to perform skills in a small, sided game making decisions about how best to stop opposition.</p> <p>To develop an understanding about how to legally mark opponents.</p> | <p>To be able to outwit opponents using dummies &amp; step overs at speed.</p> <p>To understand the importance of width</p> <p>Demonstrate knowledge of when to play to feet and when to play into space in order to attack.</p> <p>To develop strategic and tactical play.</p>   | <p>To be able to replicate a basic forehand push.</p> <p>To understand the importance of movement and ball placement in order to win points.</p> <p>To begin to develop strategic and tactical play during a rally.</p> <p>To confidently score a game of doubles.</p> |
|        | <p>To develop an understanding about attacking principles related to basketball.</p> <p>To know the benefits of different strategies for attacking play.</p> <p>To perform and replicate a 3-man weave.</p>   | <p>To perform a variety of shooting techniques on goal. <i>i.e.</i> low drive, chip and volley.</p> <p>To appreciate how to adjust shot selection based on opponents positioning.</p> <p>To be able to assess &amp; evaluate shooting techniques and suggest ways to improve.</p> | <p>To be able to accurately replicate a forehand topspin shot.</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>                    |