

10N	Group One	Group Two	Group Three
	Table Tennis	Just Dance	Basketball
wc 4th November	Game Play Lesson: Ladder Tournament Students move up and down the ladder. They are expected to keep score themselves.	Using Various music videos from the internet: Choice lesson of favourite songs.	Game play: Mini tournament Students involved in refereeing Students manage own teams
	Fitness	Basketball	Hockey
WEEK 10 wc 11th November	To be able to plan a component of fitness that students would like to improve (Muscular endurance – circuit training/interval training/weight training)	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.	Receiving the Ball: Recap lesson of passing and receiving/fundamental skills Receiving the ball/puck: meeting the puck, letting the puck/ball come across the body.
	To know what circuit training is To understand how to deliver circuit training	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.	Shooting from a short corner: Looking at the injector Looking at the stop and hit Defending a short corner
WEEK 11 wc 18th November	<ul style="list-style-type: none"> To know and understand the different components of fitness that circuit training may work on. To know the difference between aerobic training and anaerobic training 	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.	Team Formations: Increase the roles on the team looking at Inners, Wings, sweeper, centre forward, left back, right back.
WEEK 12 wc 25th November	Fartlek Training Know & understand what it is? Think about different ways you can do this? Understand what sports would benefit from kind of training.	Game play: Mini tournament Students involved in refereeing Students manage own teams	Game Play: Applying formations Applying shooting skills 1 touch play

	Boxing Fitness Using the basic shots and stances put together a fitness session looking at upper body strength.	Game play: Mini tournament Students involved in refereeing Students manage own teams	Game Play: Applying formations Applying shooting skills 1 touch play
	Hockey	Fitness	Badminton
WEEK 13 wc 2nd December	Receiving the Ball: Recap lesson of passing and receiving/fundamental skills Receiving the ball/puck: meeting the puck, letting the puck/ball come across the body.	To be able to plan a component of fitness that students would like to improve (Muscular endurance – circuit training/interval training/weight training)	Recall how to set up a badminton court. To be able to keep a rally using the correct serve, net shot and overhead clear. Apply tactics during the serve and rally to move an opponent around the court.
WEEK 14 wc 9th December	Team Formations: Increase the roles on the team looking at Inners, Wings, sweeper, centre forward, left back, right back.	<ul style="list-style-type: none"> To know and understand the different components of fitness that circuit training may work on. To know the difference between aerobic training and anaerobic training 	To be able to perform the overhead clear and smash shot. Demonstrate control of the rally but choosing correct shot choice.
	Team Formations: Increase the roles on the team looking at Inners, Wings, sweeper, centre forward, left back, right back.	To know what interval training is To understand how to deliver interval training To know and understand the different components of fitness that interval training may work on. To know the difference between aerobic training and anaerobic training	Back hand shots: Main focus of lesson to use backhand and also exploit the opposition forcing the shuttle into backhand side of the court.
WEEK 15 wc 16th December	Game Play: Applying formations Applying shooting skills 1 touch play	Boxing Fitness Using the basic shots and stances put together a fitness session looking at upper body strength	Tournament lesson Demonstrate the serve, net shot, smash and overhead clear consistently in a game. Apply tactics to move your opponent including disguise to shots.

10S	Group One	Group Two	Group Three
	Table Tennis	Just Dance	Basketball
wc 4th November	<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> <p>To demonstrate a variety of tactics based on the movements of others and the ball</p>	<p>Using Various music videos from the internet:</p> <p>Dancing non-stop full fitness session</p>	<p>Game play:</p> <p>Mini tournament</p> <p>Students involved in refereeing</p> <p>Students manage own teams</p>
	<p>Game Play Lesson:</p> <p>Ladder Tournament</p> <p>Students move up and down the ladder.</p> <p>They are expected to keep score themselves.</p>	<p>Using Various music videos from the internet:</p> <p>Choice lesson of favourite songs.</p>	<p>Game play:</p> <p>Mini tournament</p> <p>Students involved in refereeing</p> <p>Students manage own teams</p>
	Fitness	Basketball	Hockey
wc 11th November	<p>To be able to plan a component of fitness that students would like to improve (Muscular endurance – circuit training/interval training/weight training)</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>Receiving the Ball:</p> <p>Recap lesson of passing and receiving/fundamental skills</p> <p>Receiving the ball/puck: meeting the puck, letting the puck/ball come across the body.</p>
wc 18th November	<ul style="list-style-type: none"> To know and understand the different components of fitness that circuit training may work on. To know the difference between aerobic training and anaerobic training 	<p>To be able to replicate shooting core skills.</p> <p>To understand the need to create space to shoot and begin to work on this in a game situation.</p> <p>To demonstrate an ability to analyse performances with sound/accurate information.</p>	<p>Team Formations:</p> <p>Increase the roles on the team looking at Inners, Wings, sweeper, centre forward, left back, right back.</p>
	<p>To know what interval training is</p> <p>To understand how to deliver interval training</p> <p>To know and understand the different components of fitness that interval training may work on.</p>	<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>Defending:</p> <p>Less tackling more shadowing forcing the opponent with possession into the corner/slowing them down.</p>

	To know the difference between aerobic training and anaerobic training	To be able to evaluate how well it has been achieved and find ways to improve strategies.	Working in pairs.
wc 25th November	Fartlek Training Know & understand what it is? Think about different ways you can do this? Understand what sports would benefit from kind of training.	Game play: Mini tournament Students involved in refereeing Students manage own teams	Game Play: Applying formations Applying shooting skills 1 touch play
	Hockey	Fitness	Badminton
wc 2nd December	Receiving the Ball: Recap lesson of passing and receiving/fundamental skills Receiving the ball/puck: meeting the puck, letting the puck/ball come across the body.	To be able to plan a component of fitness that students would like to improve (Muscular endurance – circuit training/interval training/weight training)	Recall how to set up a badminton court. To be able to keep a rally using the correct serve, net shot and overhead clear. Apply tactics during the serve and rally to move an opponent around the court.
	Shooting from a short corner: Looking at the injector Looking at the stop and hit Defending a short corner	To know what circuit training is To understand how to deliver circuit training	To be able to perform the forehand & backhand serve aiming for different areas of the court, demonstrating consistency and an element of disguise in both isolation and in competitive games.
wc 9th December	Team Formations: Increase the roles on the team looking at Inners, Wings, sweeper, centre forward, left back, right back.	<ul style="list-style-type: none"> To know and understand the different components of fitness that circuit training may work on. To know the difference between aerobic training and anaerobic training 	To be able to perform the overhead clear and smash shot. Demonstrate control of the rally but choosing correct shot choice.
WEEK 15 wc 16th December	Game Play: Applying formations Applying shooting skills 1 touch play	Fartlek Training Know & understand what it is? Think about different ways you can do this? Understand what sports would benefit from kind of training.	Tournament lesson Demonstrate the serve, net shot, smash and overhead clear consistently in a game. Apply tactics to move your opponent including disguise to shots.
	Game Play: Applying formations Applying shooting skills 1 touch play	Boxing Fitness Using the basic shots and stances put together a fitness session looking at upper body strength	Tournament lesson Demonstrate the serve, net shot, smash and overhead clear consistently in a game. Apply tactics to move your opponent including disguise to shots.

Learning Intentions Autumn Half Term 2

2024- 2025: Year 10S