

	7CR 1 & 5	7CR 2 & 6	7CR 3 & 4
	Rugby	Gymnastics	Table Tennis
WEEK 9 wc 4 th November	Defensive lines & re setting the ball Looking how the game is set up Thinking about spacing of lines Getting back in positions	Prepare for performance: Students to practice routine Students assess each other's routine and give feedback	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.
	Teacher assessment: Game play Putting all the rules and positioning into games	Teacher Assessment Final practice Perform in front of others	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.
	Gymnastics	Netball	Rugby
WEEK 10 wc 11 th November	Body Tension, Counter Balance and Counter Tension <ul style="list-style-type: none"> • What are the 3 's' • Working to create a small routine. 	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
	Basic Acrogymnastics. <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. 	Positions on the court Knowing the off-side rule	Tag Rugby Drills Looking at dodging Looking at Basic grab tag technique
WEEK 11 wc 18 th November	Pair balances. <ul style="list-style-type: none"> • Exploring the gym cards • Create 3 balances using the 3 S 	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

	<p>Linking Balances:</p> <ul style="list-style-type: none"> Think about movement between balances <p>Create a small routine</p>	<p>Principles of defence: What skills do defenders need.</p> <p>Shadowing & tracking a player</p>	<p>Passing backwards</p> <p>Passing in lines/waves</p> <p>Small sided games looking at passing backwards</p>
<p>WEEK 12 wc 25th November</p>	<p>Prepare for performance:</p> <p>Students to practice routine</p> <p>Students assess each other's routine and give feedback</p>	<p>Game Play: being able to play in more than one position.</p> <p>Focus upon Footwork and the rules regarding this skill</p>	<p>Defensive lines & re setting the ball</p> <p>Looking how the game is set up</p> <p>Thinking about spacing of lines</p> <p>Getting back in positions</p>
	<p>Teacher Assessment</p> <p>Final practice</p> <p>Perform in front of others</p>	<p>Game Play: being able to play in more than one position.</p> <p>Discussion of own strengths & areas for improvement.</p> <p>Teacher assessment.</p>	<p>Teacher assessment:</p> <p>Game play</p> <p>Putting all the rules and positioning into games</p>
	Basketball	Table Tennis	Gymnastics
<p>WEEK 13 wc 2nd December</p>	<p>To be able to perform the fundamental basketball skill of ball handling.</p> <p>To be able to perform these in a small sided game to maintain possession.</p> <p>To develop their understanding and knowledge of the basic rules of Basketball.</p>	<p>To be able to demonstrate & use the correct grip.</p> <p>To be able to accurately replicate a basic backhand push shot.</p> <p>To understand the basic scoring and rules.</p>	<p>Body Tension, Counter Balance and Counter Tension</p> <ul style="list-style-type: none"> What are the 3 's' Working to create a small routine.
	<p>To introduce & understand where passing is used in basketball.</p> <p>To be able to outwit opponents with passes and angled runs.</p> <p>To begin to understand the need of tactical movements to invade opponent's basket.</p>	<p>To perform and replicate a legal table tennis serve.</p> <p>To be able to accurately replicate a variety of shots, including backhand push and serve.</p> <p>To understand the scoring and rotation needed for doubles games.</p>	<p>Basic Acrogyrnastics.</p> <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.
<p>WEEK 14 wc 9th December</p>	<p>To be able to perform the basic dribbling technique with control and accuracy.</p> <p>To be able to outwit opponents with the use of these skills.</p>	<p>To be able to replicate a basic forehand push.</p> <p>To begin to develop strategic and tactical play during a rally.</p> <p>To confidently score a game of doubles.</p>	<p>Pair balances.</p> <ul style="list-style-type: none"> Exploring the gym cards Create 3 balances using the 3 S

	<p>To be able to perform skills in a small sided game making decisions about how best to advance on opposition. To develop an understanding of the rule of travelling in Basketball.</p>		
	<p>To understand and know the benefits of the different types of shot. To develop their understanding and knowledge of how to execute a successful set shot. To be able to outwit opponents using learnt skills and techniques. To develop an understanding of the importance of width and playing into space in order to attack.</p>	<p>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.</p>	<p>Linking Balances:</p> <ul style="list-style-type: none"> Think about movement between balances Create a small routine
<p>WEEK 15 wc 16th December</p>	<p>Further development – Inter form basketball comp. 2v2 ½ court trying to outwit opponents using skills. Small Sided Game-3v3 games full court. Contact when shooting = free throw.</p>	<p>Teacher Assessment Lessons Ladder tournament</p>	<p>Prepare for performance: Students to practice routine Students work upon the feedback they received from peers</p>
	<p>Teacher Assessment lesson Tournament full court games</p>	<p>Teacher Assessment Lessons Ladder tournament</p>	<p>Teacher Assessment Final practice Perform in front of others</p>

