

	8CR 1 & 4	8CR 2 & 3	8CR 6 & 5
	Rugby	Gym	Netball
WEEK 9 wc 4th November	Touch Rugby: Looking at the hold without tags Introduce the held rule	Practice Routines Begin to work with their groups to establish which balances are their strengths. Focus and understanding of the importance of a starting position. Moving into and out of a balance	Tactical play e.g. Free pass/ penalty pass who should take the pass and why? Positioning on court for certain scenarios.
	Game play tournament  Teacher Assessment	Self-Assessment on routine <ul style="list-style-type: none"> <li>• Be able to identify the areas of strength of own routine using key concepts such as 3 's', tension</li> <li>• Perform in front of class</li> <li>• Teacher Assessment</li> </ul>	Game Play: Thinking about passing and positioning on court. Discussion of own strengths & areas for improvement. Teacher Assessment
	Gym	Netball	Rugby
WEEK 10 wc 11th November	Recap: Body Tension, Counter Balance and Counter Tension <ul style="list-style-type: none"> <li>• Reminder of the 3 's'</li> <li>• Working to create a small routine.</li> </ul>	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
	Basic Acro gymnastics. <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> <li>• Add these to basic routine</li> </ul>	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
WEEK 11 wc 18th November	Larger group balances. <ul style="list-style-type: none"> <li>• Can build upon basic balances to include other students.</li> <li>• Recall the basic balances from yr7 to add to the acro balances.</li> <li>• Add to their routine</li> </ul>	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.

	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.	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
WEEK 12 wc 25th November	Practice Routines Begin to work with their groups to establish which balances are their strengths. Focus and understanding of the importance of a starting position. <ul style="list-style-type: none"> <li>Moving into and out of a balance</li> </ul>	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
	Self-Assessment on routine <ul style="list-style-type: none"> <li>Perform in front of class</li> <li>Teacher Assessment</li> </ul>	Game Play: Thinking about passing and positioning on court. Discussion of own strengths & areas for improvement. Teacher Assessment	Game play tournament  Teacher Assessment
	Basketball	Table Tennis	Gymnastics
WEEK 13 wc 2nd December	To be able to perform passing and receiving techniques and use to outwit opposition. To be able to perform these in a small sided game with success. To use dribbling technique correctly and understand what constitutes a double dribble and traveling	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.	Recap: Body Tension, Counter Balance and Counter Tension <ul style="list-style-type: none"> <li>Reminder of the 3 's'</li> <li>Working to create a small routine.</li> </ul>
	To develop an understanding about attacking principles related to basketball. To perform and accurately replicate a range of dribbling skills to outwit opponents. To understand the need of tactical movements and strategies to invade opponents half.	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.	Basic Acro gymnastics. <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> <li>Add these to basic routine</li> </ul>
WEEK 14 wc 9th	To be able to outwit opponents with the use of defending skills. <i>i.e. interception, strip, side step.</i>	To be able to replicate a basic forehand push. To understand the importance of movement and ball placement in order to win points.	Larger group balances. <ul style="list-style-type: none"> <li>Can build upon basic balances to include other students.</li> </ul>

December	<p>To be able to perform skills in a small sided game making decisions about how best to stop opposition. To develop an understanding about rebounding and accurately replicate.</p>	<p>To understand when to use a forehand push in a game.</p>	<ul style="list-style-type: none"> <li>Recall the basic balances from yr7 to add to the acro balances.</li> <li>Add to their routine</li> </ul>
	<p>To understand and know the benefits of types of shots. 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.</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>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.</p>
WEEK 15 wc 16th December	<p>Rule Play The pupils are to develop their knowledge and understanding of the rules in basketball. To demonstrate a developing understanding of basketball.</p>	<p>Tournament Game Play Continued practice against similar ability students Teacher Assessment</p>	<p>Self-Assessment on routine</p> <ul style="list-style-type: none"> <li>Be able to identify the areas of strength of own routine using key concepts such as 3 's', tension</li> </ul>
	<p>Tournament lesson  Teacher Assessment</p>	<p>Tournament Game Play Continued practice against similar ability students  Teacher Assessment</p>	<p>Teacher Assessment  Performance to the group of routine.</p>