

Year 10N	Group One	Group Two	Group Three
Blue	Badminton	Dodgeball	Fitness/boxing
WEEK 16 wc 6 <sup>th</sup> January	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.	Various versions of dodgeball:  Skills needed to play: throwing, catching, dodging, interceptions	Know & understand the correct boxing stance and footwork
	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.	Various versions of dodgeball:  Positioning on the pitch: Together as a group? Alone? Where to throw from? Where to best get an interception? Where best to get a catch?	Demonstrate the correct technique of the Jab
WEEK 17 wc 13 <sup>th</sup> January	To be able to perform the overhead clear and smash shot. Demonstrate control of the rally but choosing correct shot choice.	Various versions of dodgeball:  Tactics as a team: look for strongest or weakest first? Throw altogether or work as individuals? Protection of certain players?	Demonstrate the correct technique of the hook shot
WEEK 18 wc 20 <sup>th</sup> January	Games Demonstrate the serve, net shot, smash and overhead clear consistently in a game. Apply tactics to move your opponent including disguise to shots	Various versions of dodgeball:  Dodgeball competition	Know and understand the correct technique of the uppercut
	Assessment Lesson Demonstrate the serve, net shot, smash and overhead clear consistently in a game. Apply tactics to move your opponent including disguise to shots	Various versions of dodgeball:  Dodgeball competition	Combination Lesson  Students to work on fitness putting combinations of all shots learnt.

Red	Dodgeball	Uni Hoc	Handball
WEEK 19 wc 27 <sup>th</sup> January	<p>Various versions of dodgeball:</p> <p>Skills needed to play: throwing, catching, dodging, interceptions</p>	<p>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.</p>	<p>Participants to understand the rules. How handball is played and to find success from transition play.</p> <ul style="list-style-type: none"> <li>• Play Beginner Handball.</li> <li>• Start with a 2 or 3 rules – usually goalkeeping area, no deliberate contact and you must run when you have the ball – 2/3 steps to begin.</li> <li>• Introduce new rules as the game goes on.</li> </ul>
WEEK 20 wc 3 <sup>rd</sup> February	<p>Various versions of dodgeball:</p> <p>Positioning on the pitch: Together as a group? Alone? Where to throw from? Where to best get an interception? Where best to get a catch?</p>	<p>Shooting from a short corner: Looking at the injector Looking at the stop and hit Defending a short corner</p>	<p>Playing Mini Handball with an overload in attack. Tactical awareness of adding width to the game. Initial positioning understanding (small sided games).</p> <ul style="list-style-type: none"> <li>• Game conditions; • 3 steps, 1 bounce, 3 steps • 3 seconds on the ball</li> </ul>
	<p>Various versions of dodgeball:</p> <p>Tactics as a team: look for strongest or weakest first? Throw altogether or work as individuals? Protection of certain players?</p>	<p>Team Formations: Increase the roles on the team looking at Inners, Wings, sweeper, centre forward, left back, right back.</p>	<p>Introduce the concepts of defence – Blocking - Stealing -Intercepting –Tackling. Start immediately playing handball (full game of small sided game). Set the conditions you want i.e. 3 steps, 1 bounce 3 steps. Don't be afraid to break the rules of the game to set a condition to achieve success from students</p>
WEEK 21 wc 10 <sup>th</sup> February	<p>Various versions of dodgeball:</p> <p>Dodgeball competition</p>	<p>Game Play: Applying formations Applying shooting skills 1 touch play</p>	<p>Tournament lesson: Students coach and decision make by themselves.</p>