

Year 10S	Group One	Group Two	Group Three
Blue	Badminton	Dodgeball	Fitness/boxing
WEEK 16 wc 6 th 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
WEEK 17 wc 13 th January	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
	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 th January	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	Know and understand the correct technique of the uppercut
Red	Dodgeball	Uni Hoc	Handball
WEEK 19 wc 27 th January	Various versions of dodgeball: Skills needed to play: throwing, catching, dodging, interceptions	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.	Participants to understand the rules. How handball is played and to find success from transition play. <ul style="list-style-type: none"> • Play Beginner Handball. • 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. • Introduce new rules as the game goes on.

	<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). • Game conditions; • 3 steps, 1 bounce, 3 steps • 3 seconds on the ball</p>
<p>WEEK 20 wc 3rd February</p>	<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>
<p>WEEK 21 wc 10th February</p>	<p>Various versions of dodgeball:</p> <p>Dodgeball competition</p>	<p>Game Play: Applying formations Applying shooting skills 1 touch play</p>	<p>Decision making in game like situations – Attack (over loading – gaining success) Defence (applying pressure, forcing errors, protecting the middle of the goal – gaining success) Game intelligence from students: adding width, playing with a pivot or when to tackle/intercept/block.</p>
	<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>