

Year 11S	Group One	Group Two	Group Three	Group 4
Blue	Fitness Circuit	Boxing	Basketball	Basketball
WEEK 16 wc 6 th January	To be able to plan a component of fitness that students would like to improve (Muscular endurance – circuit training/interval training/weight training)	Know & understand the correct boxing stance and footwork – Front toe & back heel on the centre line. Dominant hand in back (if you are right-handed, put the right hand in back).	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 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 know what circuit training is. To understand how to deliver circuit training.	Demonstrate the correct technique of the Jab	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 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.
WEEK 17 wc 13 th January	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.	Demonstrate the correct technique of the hook shot	To be able to outwit opponents with the use of defending skills. <i>i.e. interception, strip, side step.</i> 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.	To be able to outwit opponents with the use of defending skills. <i>i.e. interception, strip, side step.</i> 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.
WEEK 18 wc 20 th January	To know what interval training is. To understand how to deliver interval training.	Know and understand the correct technique of the uppercut	To perform the jump shot appreciating the outcome necessary. To develop their understanding and knowledge of how to outwit an	To perform the jump shot appreciating the outcome necessary. To develop their understanding and knowledge of how to outwit an

	<p>To know and understand the different components of fitness that interval training may work on.</p> <p>To know the difference between aerobic training and anaerobic training</p>		<p>opponent using accurate replication of shooting techniques.</p> <p>To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.</p>	<p>opponent using accurate replication of shooting techniques.</p> <p>To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.</p>
	<p>Fartlek Training</p> <p>Know & understand what it is? Think about different ways you can do this? Understand what sports would benefit from kind of training.</p>	<p>Students to devise their own combinations.</p> <p>Students must include a range of shots with the correct technique and some forms of defence.</p>	<p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.</p> <p>To develop knowledge of basketball rules (i.e. contact)</p> <p>To develop an understanding of the importance of width and playing into space in order to attack.</p>	<p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.</p> <p>To develop knowledge of basketball rules (i.e. contact)</p> <p>To develop an understanding of the importance of width and playing into space in order to attack.</p>
Red	Boxing	Fitness Circuit	Badminton	Badminton
WEEK 19 wc 27 th January	<p>Know & understand the correct boxing stance and footwork – Front toe & back heel on the centre line. Dominant hand in back (if you are right-handed, put the right hand in back).</p>	<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>Recall how to set up a badminton court.</p> <p>To be able to keep a rally using the correct serve, net shot and overhead clear.</p> <p>Apply tactics during the serve and rally to move an opponent around the court.</p>	<p>Recall how to set up a badminton court.</p> <p>To be able to keep a rally using the correct serve, net shot and overhead clear.</p> <p>Apply tactics during the serve and rally to move an opponent around the court.</p>
WEEK 20 wc 3 rd February	<p>Demonstrate the correct technique of the Jab</p>	<p>To know what circuit training is.</p> <p>To understand how to deliver circuit training.</p>	<p>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.</p>	<p>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.</p>

	Demonstrate the correct technique of the hook shot	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.	To be able to perform the overhead clear and smash shot. Demonstrate control of the rally but choosing correct shot choice.
WEEK 21 wc 10 th February	Know and understand the correct technique of the uppercut	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.	Demonstrate the serve, net shot, smash and overhead clear consistently in a game. Apply tactics to move your opponent including disguise to shots.	Demonstrate the serve, net shot, smash and overhead clear consistently in a game. Apply tactics to move your opponent including disguise to shots.