

Year 7	7CR 1 & 5	7CR 2 & 6	7CR 3 & 4
	Fitness	Fitness	Fitness
WEEK 16 wc 6 th January	12min Cooper Run Baseline fitness test to measure all students basic level of cardiovascular Fitness Score to be recorded and Repeated at the end of the 4 week Block.	12min Cooper Run Baseline fitness test to measure all students basic level of cardiovascular Fitness Score to be recorded and Repeated at the end of the 4 week Block.	12min Cooper Run Baseline fitness test to measure all students basic level of cardiovascular Fitness Score to be recorded and Repeated at the end of the 4 week Block.
	Relay Races Basic Running relays with extra exercises e.g. burpee, star jump, heel flicks, high knees, spotty dogs Interval training	Relay Races Basic Running relays with extra exercises e.g. burpee, star jump, heel flicks, high knees, spotty dogs Interval training	Relay Races Basic Running relays with extra exercises e.g. burpee, star jump, heel flicks, high knees, spotty dogs Interval training
WEEK 17 wc 13 th January	Australian Relays X4 teams working together to try and catch the other teams. Interval Training	Australian Relays X4 teams working together to try and catch the other teams. Interval Training	Australian Relays X4 teams working together to try and catch the other teams. Interval Training
	Football skills & Cardio vascular training. Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap. Circle drills.	Football skills & Cardio vascular training. Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap. Circle drills.	Football skills & Cardio vascular training. Relays using the football: Dribbling, Dribble and pass, Dribble and toe tap. Circle drills.
	Basketball Drills & cardio Vascular Training Dribbling, Keeping the ball in the air, Dribble and shoot, circle drills, passing against the wall.	Basketball Drills & cardio Vascular Training Dribbling, Keeping the ball in the air, Dribble and shoot, circle drills, passing against the wall.	Basketball Drills & cardio Vascular Training Dribbling, Keeping the ball in the air, Dribble and shoot, circle drills, passing against the wall.
WEEK 18 wc 20 th January	Rugby Fitness drills Ball handling Relays Circle drills Passing and moving down the line	Rugby Fitness drills Ball handling Relays Circle drills Passing and moving down the line	Rugby Fitness drills Ball handling Relays Circle drills Passing and moving down the line

	Dance	Basketball	Hockey
WEEK 19 wc 27 th January	<p>Dance The Haka Intro to the Hakka. To understand the origin of 'The Hakka' and to learn to the words of the dance.</p>	<p>To be able to perform the fundamental basketball skill of ball handling. To be able to perform these in a small sided game to maintain possession. To develop their understanding and knowledge of the basic rules of Basketball.</p>	<p>Introduction to the game. Equipment and safety introduction: how to hold the stick, how to control the stick, rules about hitting the ball/Puck etc. Ready Position: whole group running on whistle get into ready position. Last one ready out. Dribbling: basic technique. Dribbling across width between cones in 4's. Gradually make the distance longer. Look at change over technique e.g. how to pick the ball/Puck from your partner.</p>
	<p>To be able to perform all of the actions of the original Hakka with strong, bold, intimidating actions. Haka 'face off' to encourage the emotions of the dance.</p>	<p>To introduce & understand where passing is used in basketball. To be able to outwit opponents with passes and angled runs. To begin to understand the need of tactical movements to invade opponent's basket.</p>	<p>Dribbling control. Progression: Vision Looking up: as dribble towards partner look up Progression: dribble & push Opposite partners in 4's cone on middle when reach the cone push to partner. Take ball/puck for a walk passing ball between each other. Game: 3v1 No tackling just intercepting the ball, try and make as many passes as you can using good vision.</p>
WEEK 20 wc 3 rd February	<p>Devise the choreography for the new team Hakka. Create a concept/topic their dance will cover. Focus upon the starting position. Create a leader to count everyone in, practice their first section.</p>	<p>To be able to perform the basic dribbling technique with control and accuracy. To be able to outwit opponents with the use of these skills. 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>Pass and go: Getting feet around the ball: Passing down the court in pairs Passing and moving in small groups. Game 3v1: X1 defender: In playing area have small coned goals dotted around players have to try and work the ball through a goal to score.</p>
	<p>Looking at adding levels, direction, thinking about creating own arm movements. Practice as a group and perform what they have created so far to another group.</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.</p>	<p>Possession: Focus upon control and stopping the ball/puck 2 touch passing 3v1 game: How many passes before lose possession.</p>

	Criteria: Loud voices, Clear & strong gestures and timing.	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.	Progression: 3v1 game: aim to dribble the ball with control over the line to score a point.
WEEK 21 wc 10 th February	Self Assessment: Using the tablets to video own dance. Make adjustments. Thinking about how they can challenge themselves to make their routine original.	To perform a basic layup technique appreciating the outcome necessary. To develop their understanding and knowledge of how to outwit an opponent using appropriate shot selection. To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.	Game Play: Focus upon Passing and Vision. No tackling Make sure there is 2 touch hockey going on.
	Final Performances Students will rehearse own dance thinking about where the audience will be sat and then perform.	Assessment lesson: Students play mini tournament demonstrating their skills learnt throughout the 3 weeks	Game Play & Assessment Focus upon Passing and Vision. No tackling Make sure there is 2 touch hockey going on.