

Year 9	9CR 2 & 3	7CR 4 & 5	7CR 1 & 6
	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

	Handball	Hockey	Dance/Gym
WEEK 19 wc 27 th January	<p>To accurately replicate prior learnt types of passes.</p> <p>To be able to perform these in a game to retain ball possession & outwit opposition.</p> <p>To describe the difference in rules of Handball.</p> <p>To understand what the use of space means for attacking opportunities.</p>	<p>Recap Lesson: Looking at basic dribbling Stick skill/management Vision and looking up</p> <p>Basic passing</p>	<p>Theme and learn motif</p> <p>For example thriller/apple bottom Jeans or a student choice song.</p> <p>Students learn short Motif/are given section of song to create their own motif.</p> <p>IF teaching Gymnastics: Focus on creating a routine combining the Acro gymnastics with the dance learning elements below.</p>
	<p>To develop knowledge and understanding of strategic play used to outwit opponents.</p> <p>To be able to develop and refine tactics based on the analysis of opposition.</p> <p>To understand the rules of Handball and begin to correctly officiate.</p>	<p>Jab Tackle:</p> <p>Jab first</p> <p>Talk about shadowing</p> <p>3v1 games with just jab tackle & shadowing</p>	<p>Canon and Unison</p> <p>Students introduced to both concepts.</p> <p>Add this to their own dance.</p>
WEEK 20 wc 3 rd February	<p>To develop an understanding and knowledge of how to perform fast breaks and the roles of support players.</p> <p>To replicate the correct shooting technique.</p> <p>To understand the safety aspects of Handball.</p>	<p>Block tackle: Drills & bully off practice 3v1 games just block tackles Avoidance of swiping</p>	<p>Formations and Directions:</p> <p>Students to work on adding more compositional principles in their movement to develop their dance.</p> <p>Formations – where people in your group stand. E.g. lines/ scattered.</p> <p>Directions – 6 in dance – forward, backward, up, down, left and right.</p> <p>Performance and evaluation. Half the group perform, half watch and give feedback. Link to assessment levels, timing, what worked well and what could the group do to improve further.</p>
	<p>To be able to perform a high arm pass with the correct technique.</p> <p>To understand how to counter attack and the necessary positions.</p> <p>To combine the use of passing to outwit opponents.</p> <p>To develop a confident understanding of the rules and laws of Handball.</p>	<p>Game play using tackling.</p> <p>Focus upon decision making & tackling is it best to Jab/shadow/block</p>	<p>Levels:</p> <p>Aim to include all 3 different levels in their dance.</p> <p>High – jump, Medium – standing position, Low – on the floor.</p> <p>Share and develop ideas. Choose one movement from another group that you could use in your dance.</p>

<p>WEEK 21 wc 10th February</p>	<p>To develop the knowledge and understanding of how to form a small break away attack. To understand and accurately describe the different positions. To develop knowledge of when a counter attack is used.</p>	<p>How to deal with Tackling; Off loading the ball/puck Protecting the ball/puck Passing backwards and support. Indian Dribble/dragging the ball puck across the body</p>	<p>Performance and Assessment lesson: Can invite the other class to come and watch the performance. Rehearse dance.</p>
	<p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To accurately replicate actions and tactical sequences. To show their knowledge and understanding of the rules in Handball.</p>	<p>Game play & Assessment Students will be asked to identify areas of others strengths and improvement Using tackles Indian dribble Protecting the ball/puck Passing backwards.</p>	<p>Performance and Assessment lesson: Can invite the other class to come and watch the performance. Rehearse dance.</p>