

| Lesson | Badminton | Football | Dance | Striking and Fielding | Netball |
|--------|---|--|--|--|---|
| 1 | Introductions/Service -Setting up -Racket familiarity -Service- short/long -Service battleships *dimensions, shuttlecock, | Control/Short Passing -First touch -Using a variety of surfaces to control the ball -Short passing in small groups unopposed -Included in to conditioned game *First touch, surface area, accuracy | Tempo/Beat/Rhythm -How to count the beat of the music -HSM basic moves *Beat, Rhythm, Timing | Fielding principles Throwing- Under/ Over Catching Boundaries Backing up *Backing up, Barriers, Trajectory, | Throwing/ catching- PASSING Small – sided games. Court dimensions Rules of the game. |
| 2 | Overhead Clear -In isolation -Targets in back court -Included into conditioned game *trajectory, Tram lines, boundaries, | Defending -Speed, distance and body position when approaching a player with the ball -Types of standing tackles -Gauntlet games -Conditioned games *Jockeying, tracking, delaying | Motifs Following on from the HSM routine. Learning how to use the repetition of dance moves/phase in a choreographed dance. *Motifs, Repetition | Bowling (R) Different types Targets Height/Pace (c) Grip Technique- Bite the apple, big 6, brush the ear, step down. *Line, Length, Donkey drop, Power, Pace, No- balls, extras | Footwork and Dodging Introduction to positions. Full games. |
| 3 | Drop shot -In isolation -Targets in front of court -Included into conditioned game *disguise, locked wrists, lunge, reach | Attacking -shooting aiming for targets in the corner of goals unopposed. -placement vs power. -conditioned games. *Power, finesse, laces | Formations Using Bollywood to introduce formations and levels. *Formation, Levels | Batting (R) Contact Accuracy Power (c) Front Foot Drove Grip Power and accuracy *Leg- side, off-side, pull, cut, drive, | Shooting - In isolation - In game situation |
| 4 | Personalised learning/Target lesson Set up a court for each discipline (Service, OHC, Drop) and assign students to each court, according to area for development *targets, specific, | Personalised learning/Target lesson Set up an area for each discipline (control/short passing, defending and attacking) and assign students to each area according to area for development | Choreography To create their own group dances using the different techniques that they have learnt. | Personalised learning/Target lesson Set up an area for each discipline (Fielding, Bowling, Batting) and assign students to each court, according to area for development | Personalised learning/Target lesson Set up a court for each discipline () and assign students to each court, according to area for development |
| 5 | Conditioned matches -Drop shot game -Double points for tram lines *Strategy, movement, sequence, backhand | Conditioned matches -Number of successful passes equals worth of each goal. -Hitting targets equals double points. -One-touch finish equals double points. *Round robin, tactics, teamwork | Choreography Choreographing their dance with the emphasis on how to improve their Timing, Motifs, Formation and Levels. *Timing, Motifs, Formation and Levels | Gameplay Batting- Placement, Strategy Fielding- Adapting positions Bowling- Different delivery types *defensive, offensive, positions, strategy | Tournament Full games Normal Rules followed Opportunities for officiating |
| 6 | Assessment lesson -Drills -Games | Assessment lesson -Drills -Games | Assessment lesson -Performing own dances -Peer/Self assessment | Assessment Conditioned games | Assessment |

| Lesson | Badminton | Football | Striking/Fielding | Gymnastics | Netball |
|--------|---|--|--|---|---|
| 1 | Net/drop shot -Positioning during a game -4square warm ups – light contact with shuttle -Net shot battleships -Conditioned game – shuttle lands before service line. <i>*returning net shots, trajectory</i> | Passing / ball mastery -Possession play -Working ball to different areas -Conditioned game – keep ball. Number of passes =goals <i>Possession, Rondo, control</i> | Fielding Throwing Catching Barriers Speed of return Returning to 2 nd , 4 th base Non Stop Cricket, Danish Longball | Basic shapes Tuck, Pike, Straddle Head stands Hand stands <i>Body line, Tension, Aesthetically pleasing</i> | Passing Chest/ Bounce/ Shoulder Positions of receiving *Trajectory, Targets, Movement |
| 2 | Drive - 12 O'clock – closed face – power – flat trajectory. -Eye level target – feeder holding racket as target. Conditioned game – hit opponent above waist height for double points. <i>*racket face, horizontal, parallel</i> | Positional awareness -football netball -triangles -wing play <i>Discipline, structure, position, team work, distance, awareness, peripheral vision</i> | Bowling Basic Alterations (Spin/ Speed) Spin/ Pace bowling Danish Longball- Correct bowling techniques- 3 deliveries per bowler | Movements over varying levels Use of apparatus to travel in different ways across an area Pencil Rolls, Forward Rolls, Somersaults | Shooting Peer teaching Basic shooting style |
| 3 | Smash - 1 O'clock – power – diagonally down trajectory – landing mid court. -Tactical discussion of smash areas – body/space/back hand. -Smash return -Shooting gallery Conditioned game – hit opponents feet for double points. <i>*Power, Reaction time, attacking</i> | Finishing -different types of finishing -finishing from crosses -hitting corners -targets/accuracy <i>Precision, evading, outwitting, power</i> | Batting Basic Placement/ Alterations Cut, Pull, Drive Danish Longball- With active targets in the field for points | Vaulting Straight Vaulting Through vaults, Side Vault, Handsprings | Defensive Play Marking the player/pass/space Evading defenders |
| 4 | Personalised learning/Target lesson Set up a court for each discipline (Net/Drive/Smash) and assign students to each court, according to area for development <i>*targets, specific,</i> | Personalised learning/Target lesson Set up an area for each discipline: tackling, finishing, passing and assign students to each court, according to area for development | Personalised learning/Target lesson | Personalised learning/Target lesson | Personalised learning/Target lesson Set up a court for each discipline () and assign students to each court, according to area for development |
| 5 | Gameplay Range of shots on display used appropriately based on opponent positioning | Full games Formations Strategy Positional awareness | Full games Paired Cricket Danish Longball | Routines Choreography Transitions | Games Positional Play Tactics Umpiring Roles |
| 6 | Assessment | Assessment | Assessment lesson | Assessment lesson Peer/ Self evaluation | Assessment |

| Lesson | Badminton | Football- Sport Ed | Health Related Fitness | Trampolining | Netball |
|--------|--|---|---|--|---|
| 1 | Recap of different shots Drive Smash OHC Drop Service | Control/Short Passing -Teams formulated -Rules explained -Teacher led session from a pre-made task card (exemplar model that students should look to recreate). -Conditioned games | Aerobics session -Discuss Training Zones *Oxygen, lactic acid, diffusion, oxygen debt, elasticity, body temperature | Familiarisation -Straight bounce and check -basic shapes (Tuck, Pike and Straddle) and rotations (1/2 twist, full twist). -5 bounce routines *Rotation, travel, muscular endurance, balance, aesthetics, tariff, form. | Passing to space Movement of ball around the court Variety of passing to outwit Running passes |
| 2 | Strategy and disguise Shot sequence Spotting weaknesses | Dribbling/Wide play -Students lead session based on homework completed. -Conditioned games relevant to the drills students have planned for their sessions | Fartlek Training -Using school field devise a route and follow it -Training Zones *gradient, terrain, speed, environment, variance | Seat Landing -Importance of hip rotation -Landing position -half twist in/out -swivel hips -Roller | Positional Play Positions Set plays- Centre pass Holding the space Zone Defence |
| 3 | Types of tournament Ladder Round Robin League | Passing (Long or Short) -Students lead session based on homework completed. -Conditioned games relevant to the drills students have planned for their sessions | Circuits -Teacher led circuit -Show range of different stations -Discuss SPORTFIT -Explain importance of order of exercises | Front landing -requirement for front somersault -landing position -hands and knees start -half twist in/out -turn table | Shooting Under pressure Different distance Manipulating situations |
| 4 | Personalised learning/Target lesson Set up a court for each discipline (Service, OHC, Drop) and assign students to each court, according to area for development *targets, specific, | Shooting -Students lead session based on homework completed. -Conditioned games relevant to the drills students have planned for their sessions | Personalised learning/Target lesson Design a training session based on the CoF you would most like to develop | Back landing -requirement for back somersault -landing position -no bounce -half twist in/out -cradle | Personalised learning/Target lesson Set up a court for each discipline () and assign students to each court, according to area for development |
| 5 | Gameplay | Personalised learning/Target lesson -Students select any of the previous sessions to develop further. -An improved session plan is produced and implemented. -Conditioned games | Personalised learning/Target lesson Progress your training session from previous week | Routines and Somersault* -set routine -students create and attempt to develop a 10 bounce routine using the skills they are safely capable of putting in to a routine. *When students have completed all previous skills to a significant standard. | Gameplay Positional Play Tactics Umpiring Roles |
| 6 | Assessment lesson | Assessment lesson -Conditioned games -Team evaluation | Assessment lesson Fitness Test circuit | Assessment lesson Set routines Own routine | Assessment lesson |

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| Lesson | | | | Striking/Fielding | |
| 1 | | | | Fielding Non-stop Cricket Focus- Positioning Returning ball to bowler *Long barrier/Short barrier | |
| 2 | | | | Bowling Bowler & Barriers Stumps placed in the middle, pupils on either side. Bowl the ball directly at the stumps. First pupil to hit stumps wins. *Line, Length, Pitch | |
| 3 | | | | Batting Danish Longball Paired Cricket Goals/Cones for targets *Leg-side, Off-side, Forward drive | |
| 4 | | | | Development lesson Three stations: Batting/Bowling/Fielding | |
| 5 | | | | Games to Develop Strategy Fielding positions Placement of shots Changing delivery | |
| 6 | | | | Assessment Lesson Conditioned Games | |