

Half term	Week 1 (4th Sep)		Week 2 (11th Sep)		Week 3 (18th Sep)		Week 4 (25th Sep)		Week 5 (2nd Oct)		Week 6 (9th Oct)		Week 7 (16th Oct)		Week 8 (23rd Oct)	
1	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Outdoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor
	Baseline testing	Baseline testing	Basketball	Football	Basketball	Football	Basketball	Football	Basketball	Rugby	Badminton	Rugby	Badminton	Rugby	Badminton	Football
	Focus: Aerobic endurance test- MSF test, Muscular endurance test- 1 min sit up/1 min press up.	Focus: Aerobic test- 12-minute cooper test Muscular endurance- 1 min plank test.	Focus: Ball familiarization	Focus: Passing-	Focus: Ball familiarization/Passing	Focus: Dribbling	Focus: Dribbling/Pivot	Focus: Turns	Focus- Set shot technique	Focus: Ball familiarization	Focus: racket/shuttle familiarization /serving	Focus: Passing	Focus: drop shot	Focus: Passing/use of width	Focus: smash shot/	Focus: Shooting
Retrieval	Record/compare scores to previous years	Record/compare scores to previous years	Rules of basketball	Different types of passes	Different types of passes	Tips for control while dribbling	Dribbling rules	Different turns/technique for each		Rules of rugby	Badminton rules	Passing technique teaching points	Drop shot use/teaching points	Passing technique tips	smash shot teaching points	Different types of shots/tips for shooting
2	Week 1 (6th Nov)		Week 2 (13th Nov)		Week 3 (20th Nov)		Week 4 (27th Nov)		Week 5 (4th Dec)		Week 6 (11th Dec)		Week 7 (18th Dec)			
	Indoor	Outdoor	Outdoor	Outdoor	Outdoor	Outdoor	Outdoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor		Outdoor	
	Badminton	Football	Basketball	Football	Basketball	Rugby	Basketball	Rugby	Volleyball	Rugby	Volleyball	Football	Volleyball		Football	
	Focus: Game play/implementation of skills	Focus: Positioning	Focus- Lay-up technique	Focus- Game play/implementation of skills	Focus- Defensive strategies	Focus: Tackling	Focus- Game play implementation of skills	Focus: Kicking/attacking/defensive tactics	Focus- Set shot	Focus- Game play/implementation of skills	Focus- Spike	Focus- Game play/implementation of skills	Focus- smash		Focus- Game play/implementation of skills	
Retrieval		Positions/roles	Recap lay-up rules/technique			Tackling technique		Attacking tips	Rules of volleyball/set shot technique		Teaching points for spike shot		Teaching points for smash shot			
3	Week 1 (8th Jan)				Week 2 (15th Jan)		Week 3 (22nd Jan)		Week 4 (29th Jan)			Week 5 (5th Feb)				
	Indoor		Outdoor		Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor		Indoor		Outdoor		
	Fitness		Rugby		Fitness	Rugby	Fitness	Handball	Fitness	Handball		Table tennis		Handball		
	Focus: Circuit training		Gameplay/implementation of learnt skills		Focus: Boxercise	Gameplay/implementation of learnt skills	Focus: Boxercise	Focus: Ball familiarization /knowledge of rules	Focus: Aerobic/Speed training	Focus: Passing		Focus- Grip/backhand push technique		Focus: Dribbling		
Retrieval	What is circuit/how to complete				Different types of punches/stance		Different types of punches/stance	Handball rules	Different methods used for this training	Types of passes				Dribbling teaching points		

	Week 1 (19th Feb)		Week 2 (26th Feb)		Week 3 (4th March)		Week 4 (11th March)		Week 5 (18th March)		Week 6 (25th March)			
4	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor		
	Table tennis	Football	Table tennis	Football	Table tennis	Football	Fitness	Handball	Fitness	Handball	Fitness	Handball		
	Focus- Forehand push shot technique	Game play/implement ation of learnt skills	Focus- serve	Game play/implement ation of learnt skills	Focus- forehand topspin	Game play/implement ation of learnt skills	Focus: Calories/diet	Focus: Outwitting opponents	Focus: Student led circuit session	Focus: Shooting	Focus: Student led circuit session	Focus- Game play/implementat ion of skills		
Retrieval							What are calories, how does weight gain/loss happen	Defensive tactics	How to plan an effective circuit session	Teaching points for effective shooting/jump shot technique	How to plan an effective circuit session			
5	Week 1 (15th April)		Week 2 (22nd April)		Week 3 (29th April)		Week 4 (6th May)		Week 5 (13th May)		Week 6 (20th May)			
	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Outdoor	Outdoor	Outdoor	Outdoor	Outdoor	Outdoor		
	Table tennis	Athletics	Table tennis	Athletics	Table tennis	Athletics	Softball	Athletics	Softball	Athletics	Softball	Athletics		
	Focus- backhand topspin	Focus: 100m/Discus	Focus- Doubles/singles gameplay	Focus: 100m/Discus	Focus- Implementation of skills/game play	Focus: 200m/triple jump	Focus: Catching	Focus: 200m/triple jump	Focus: Catching/fieldi ng skills/Long barrier	Focus: 400m/High jump	Focus: Throwing technique	Focus: 400m/High jump		
Retrieval		Scores from previous years/technique for activity		Scores from previous years/technique for activity		Scores from previous years/technique for activity	Teaching points for effective catching using gloves	Scores from previous years/techni que for activity	Teaching points for long barrier	Scores from previous years/techni que for activity	Teaching points for effective throwing	Scores from previous years/technique for activity		
6	Week 1 (3rd June)		Week 2 (10th June)		Week 3 (17th June)		Week 4 (24th June)		Week 5 (1st July)		Week 6 (8th July)		Week 7 (15th July)	
	Outdoor	Outdoor	Outdoor	Outdoor	Outdoor	Outdoor	Outdoor	Outdoor	Outdoor	Outdoor	Outdoor	Outdoor	Outdoor	Outdoor
	Cricket	Athletics	Cricket	Athletics	Cricket	Athletics	Cricket	Athletics	Softball	Athletics	Softball	Athletics	Softball	Athletics
	Focus: Catching	Focus: 800m/Shot	Focus: Fielding skills/long barrier	Focus: 800m/Shot	Focus: Batting technique/s tance	Focus: 1500m	Focus: Bowling technique	Focus: Long Jump/Javel in	Focus: Batting	Focus: Long Jump/Javelin	Focus: Pitching	Missed events	Focus- Gameplay	Missed events
Retrieval	Teaching points for catching in Cricket	Scores from previous years/techni que for activity	Teaching points for long barrier	Scores from previous years/techni que for activity	Teaching points for different batting shots	Scores from previous years/techniqu e for activity	Teaching points for effective bowling technique	Scores from previous years/techni que for activity	Teaching points for different batting shots	Scores from previous years/techni que for activity	Teaching points for effective pitching	Scores from previous years/techniq ue for activity	Tactics in gameplay	Scores from previous years/technique for activity