

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	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor
	Baseline testing	Baseline testing	Fitness	Netball	Fitness	Netball	Fitness	Netball	Fitness	Football	Table tennis	Football	Table tennis	Football	Table tennis	Netball
	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: Circuit training	Focus- Ball familiarization	Focus: Boxercise	Focus- Passing	Focus: Boxercise	Focus: Shooting	Focus: Aerobic/Speed training	Focus: Side foot passing/receiving	Focus- Grip/back hand push technique	Focus: Passing-	Focus- Forehand push shot technique	Focus: Dribbling	Focus-serve	Focus: Defensive strategies
Retrieval	Record/compare scores to previous years	Record/compare scores to previous years	What is circuit/how to complete	Rules of netball	Different types of punches/stance	Types of passes used/teaching points	Different types of punches/stance	Teaching points for shooting effectively	Different methods used for this training	Side foot technique		Different types of passes		Tips for control while dribbling		Tactics used to defend
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	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor		
	Table tennis	Netball	Fitness	Netball	Fitness	Football	Fitness	Football	Table tennis	Football	Table tennis	Netball	Table tennis	Netball		
	Focus-forehand topspin	Focus-Attacking play	Focus: Calories/diet	Focus- Positions (part 1)	Focus: Student led circuit session	Focus: Turns	Focus: Student led circuit session	Focus: Shooting	Focus-backhand topspin	Focus: Positioning	Focus- Doubles/singles gameplay	Focus- Positions (part 2)	Focus- Implementation of skills/game play	Focus- Skills in game situation		
Retrieval		Different attacking strategies	What are calories, how does weight gain/loss happen	Different positions/areas	How to plan an effective circuit session	Different turns/technique for each	How to plan an effective circuit session	Different types of shots/tips for shooting		Positions/roles		Different positions/areas		Recap key skills learnt		
3	Week 1 (8th Jan)				Week 2 (15th Jan)		Week 3 (22nd Jan)		Week 4 (29th Jan)			Week 5 (5th Feb)				

	Rounders	Athletics	Rounders	Athletics	Cricket	Athletics	Cricket	Athletics	Cricket	Athletics	Cricket	Athletics	Cricket
	Focus: Batting	Focus: 800m/Shot	Focus: Implementatio n of learnt skills	Focus: 800m/Shot	Focus: Catching	Focus: 1500m	Focus: Fielding skills/long barrier	Focus: Long Jump/Javeli n	Focus: Batting technique/sta nce	Focus: Long Jump/Javelin	Focus: Bowling technique	Missed events	Gameplay
Retrieval	Recap batting stance/positioning	Scores from previous years/techni que for activity		Scores from previous years/techni que for activity	Teaching points for catching in Cricket	Scores from previous years/techniqu e 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/technique for activity	Teaching points for effective bowling technique	Scores from previous years/techniq ue for activity	Tactics/strategies in cricket matches