




Learning Objective	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Year 7	Learn different types of PASSING and apply in a small sided game	Learn the basics of the FOOTWORK rule and POSITIONS	Learn how to CREATE SPACE	Learn how to perform a DODGE	Learn how to DEFEND effectively	Learn how to SHOOT in netball	Learn how to ORGANISE, COMPETE & LEAD a Netball game
Year 8	Learn how to apply a variety of passes in a game in order to gain an advantage	Learn how to apply the footwork rule and knowledge of positions	Learn how to USE space	Learn how to apply a variety of dodges	Learn how to defend players effectively	Learn how to use the circle to shoot in netball.	Learn how to ORGANISE, COMPETE & LEAD a netball game.
Year 9	Why are rules/scoring systems important in competitive situations?	Understand the importance of positioning when officiating.	Understand the importance of communication when officiating (Verbal/Non-Verbal)	Develop knowledge of more advanced rules in netball.	Develop knowledge of more advanced rules in netball.	What considerations need to be made when organising a mini tournament.	Independently organise a mini tournament

Key Skills

Passing – various passes can be utilised in a game – Chest, shoulder, overhead, bounce
 Catching A skill used to receive the ball, enabling the team to keep possession of the ball
 Dodging – A change of speed and direction in order to get free into space to receive the ball
 Shooting A skill used by the Goal Shooter and Goal attack within the game to score a goal
 Defending A technique used to mark your opponent to stop them finding a space to receive the ball or for a player to intercept a pass



Tactics and Strategies

Attacking and defending
 Create space and cut down space
 Losing an opponent
 Changes of speed
 Timing
 Decision making




Key Words / Literacy

Technique
 Accuracy
 Interception
 Marking
 Possession
 Turnover
 Team work
 Communication
 Co-operation
 Decision making

Rules and Regulations

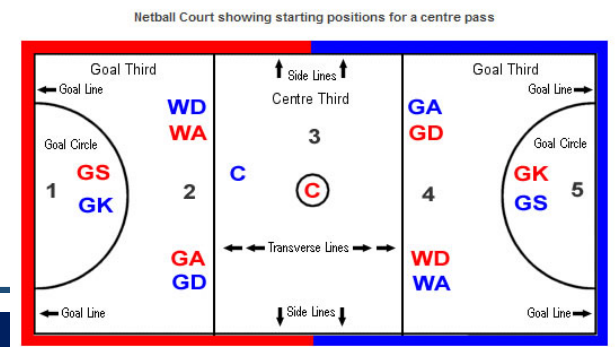
Footwork – during the game, a player with the ball can only take one step before passing it
 Held Ball – A player must pass or shoot within three seconds of receiving the ball
 Obstruction – a player cannot defend the ball at a distance any less than 3 feet
 Contact – Players must not make any physical contact with any opponent on the court
 Over a third – The ball cannot be thrown over a complete third of the court without being touched by another player
 Off side – A players movement is restricted by which position they play, so they must stay within their designated area

Components of Fitness

Co-ordination
 Agility
 Reaction time
 Power
 Stamina
 Strength

SMSC / Cultural Capital

Team work / Fair Play / Respect / Sportsmanship
 Commonwealth Games
 Netball World Cup
 Current Commonwealth Champions – England
 Current World Champions – New Zealand



Learning Objective	Week 1	Week 2	Week 3	Week 4	Week 5	Week 16	Week 7
Year 7	LO: Learn the basics of Table Tennis technique and a RALLY	LO: Learn how to perform a SERVE in Table Tennis	LO: Learn how to perform a FOREHAND/BACKHAND Shot	LO: Developing FOREHAND/BACKHAND Shots	LO: Learn the basics of how to SCORE & OFFICIATE a match	LO: ORGANISE & COMPETE in a Table Tennis tournament	LO: ORGANISE, COMPETE & LEAD a Table Tennis ladder.
Year 8	LO: To RECAP basic Table tennis skills/ technique	LO: Developing FOREHAND/BACKHAND SPIN	LO: Learn how to perform a HIGH TOSS SERVE	LO: Developing SIDE SPIN (Chop/Slice)	LO: Learn how to use DISGUISE during a match.	LO: Learn how to use STRATEGY to outwit your opponents.	LO: ORGANISE, COMPETE & LEAD a Table Tennis ladder.
Year 9	LO: To RECAP more advanced Table tennis skills/ techniques (High Toss Serve)	LO: Recap & develop FOREHAND/BACKHAND SPIN	LO: Develop knowledge of more advanced rules and scoring.	LO: Develop a range of STRATEGIES to outwit your opponents.	LO: Develop the use of DISGUISE during a match.	LO: ORGANISE, COMPETE & INDEPENDENTLY LEAD a Table Tennis tournament	LO: ORGANISE, COMPETE & INDEPENDENTLY LEAD a Table Tennis ladder.

Key Skills

Forehand drive - is the most basic and fundamental stroke. It returns aggressive/attacking strokes and is played with your palm facing your opponent.

Backhand drive - is the mirror of the forehand drive, intended to return attacking shots with the reverse of your hand

Backhand Push - returns short balls, and prevents your opponent from making an attacking return.

The forehand push - is also designed for returning short balls and preventing attacking shots.

Serve - is the final basic skill, you perform the serve to begin each point in the match by playing the ball against both sides of the table. The ball must rest on an open hand and be tossed approximately 10cm before hitting.



Tactics and Strategies

- Attacking and defending
- Create space and cut down space
- Changes of speed
- Changes of direction
- Use of disguise
- Use of spin – backspin/topspin
- Timing
- Decision making



Rules and Regulations

SCORING

- A match is played as the best of 1, 3 or 5 games
 - For each game, the first player to reach 11 points wins the game. However a game must be won by at least a 2 point margin
 - A point is scored at the end of each rally
 - The edges of the table (but not the sides) are part of the legal table surface
- A POINT IS LOST IF A PLAYER**
- Fails to make a good serve
 - Fails to hit the ball onto their opponents side
 - Fails to hit the ball
 - Hits the ball before it bounces (volley)



A GOOD SERVE

- The ball must rest on the palm of the open hand. Toss it up at least 15 cm (6 inches) and strike it so the ball first bounces on the server's side and then on the opponent's side
 - A 'let' service is called if the ball touches the top of the net and goes over and onto the table
 - Let serves do not score points and the server
- MATCH FLOW**
- Each player serves 2 points alternately
 - If a game reaches 10 all, each player serves 1 point alternately until the game is won by 2 clear points
 - After each game players change ends
 - In the final game players change ends after the first player reaches 5 points

Components of Fitness

- Co-ordination
- Agility
- Reaction time
- Power
- Stamina
- Strength



Key Words / Literacy

- Technique
- Accuracy
- Ready Position
- Backswing
- Forward movement
- Follow through



SMSC / Cultural Capital

- Origin of game
- Fair Play – abide by rules
- Co-operation
- Communication
- Respect
- Sportsmanship
- Motivation/Tolerance
- Lead by example





Learning Objective	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Year 7	Learn the basics of control and be able to DRIBBLE	Learn how to use a PASS in order to create a chance to score.	Learn how to SHOOT in order to score.	Learn how to TACKLE without fouling opponents.	Learn the BASIC RULES and self manage during a small sided game.	Learn BASIC Strategies to create scoring opportunities	Learn how to ORGANISE & COMPETE in a mini Football tournament.
Year 8	Learn ADVANCED SKILLS/techniques to beat defenders.	Improve DECISION MAKING to create an opportunity to score	Learn how to perform SET PIECE PLAY.	Develop an understanding of DEFENDING as a team.	Develop an understanding of ATTACKING as a team.	Learn ADVANCED RULES and self manage during a small sided game.	ORGANISE, COMPETE and LEAD in a mini Football tournament.
Year 9	Develop ADVANCED SKILLS/techniques to beat defenders.	Complex DECISION MAKING to create an opportunity to score	Develop a range of team strategies to DEFEND as a team.	Develop a range of team strategies to ATTACK as a team.	Learn OFFICIATE and LEAD during a match situation	Independently OFFICIATE and LEAD during a match situation	INDEPENDENTLY ORGANISE, COMPETE and OFFICIATE in a Football tournament.

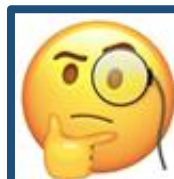
Key Skills

- Dribbling** – Moving with the ball close to your feet often changing direction to avoid defenders or find space.
- Control** – Use a variety of techniques to keep the ball close in order to prevent opponents gaining possession.
- Passing** – Perform a range of different passes to a team mate considering the situation (Long, short, lofted, through ball etc.)
- Shooting** – Strike the ball with accuracy and power in an attempt to score a goal
- Tackling** – Dispossess an opponent or prevent them from completing a successful pass, shot or dribble.



Tactics and Strategies

- Team Formations (4-4-2)
- 'Tiki Taka'
- Long Ball
- Through Ball
- Possession
- Counter-attack
- Positional Play



Key Words / Literacy

- Skill
- Technique
- Accuracy
- Possession
- Communication
- Co-operation
- Decision making
- Power
- Spatial awareness
- Speed
- Control



Components of Fitness

- Co-ordination
- Agility
- Reaction time
- Power
- Stamina
- Strength
- Speed
- Cardiovascular Endurance

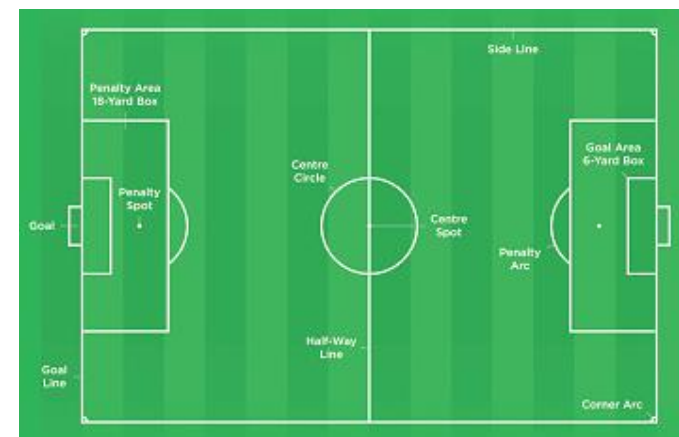
SMSC/Cultural Capital

- Team work
- Fair Play
- Respect
- Sportsmanship
- World Cup Winners:**
France
- Champions League**
Winners: Liverpool FC



Basic Rules and Regulations

- A goal is awarded when the ball enters a net at either end of the pitch. (All of the ball must cross the line)
- Players must not handle the ball in the field of play unless they are the goal keeper and they are inside their Goal area.
- If the ball leaves the side-line it is deemed to be a 'Throw in'
- If the ball is kicked over a goal line but outside of the goal, then either a 'Goal kick' or 'Corner' is awarded depending on who touched it last.
- Fouls are committed when a player makes contact with an opponent, without first making contact with the ball.





Learning Objective	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Year 7	Learn different types of PASSING and apply in a small sided game	Learn how to perform a DRIBBLE in Handball	Learn how to SHOOT in Handball.	Learn how to DEFEND effectively.	Learn the basic RULES of Handball	Learn how to ORGANISE, COMPETE & OFFICIATE a Handball tournament	Developing how to ORGANISE, COMPETE & OFFICIATE a Handball tournament
Year 8	RECAP skills from Y7 and develop ONE HANDED PASSING/RECEIVING and apply in a small sided game.	Learn how to perform a JUMP PASS/SHOT in Handball	Learn how to ATTACK/COUNTER ATTACK in Handball.	Develop team and individual DEFENSE.	Learn the basics of SCREENING to create an opportunity to score	Developing how to ORGANISE, COMPETE & OFFICIATE a Handball tournament	Independently ORGANISE, COMPETE & OFFICIATE a Handball tournament
Year 9	Why are RULES/ SCORING systems important in competitive situations?	Understand the importance of POSITIONING when officiating	Understand the importance of COMMUNICATION when officiating (Verbal/Non Verbal)	Develop knowledge of more ADVANCED RULES in your activity.	Can you apply/enforce more advanced rules in a competitive situation when officiating?	What considerations need to be made when ORGANISING a mini tournament	INDEPENDENTLY ORGANISE a mini tournament.

Key Skills

Passing – “elbow above shoulder” (high arm), “nose over toes” (weight forward)


Catching - A skill used to receive the ball, enabling the team to keep possession of the ball

Defending - A technique used to mark your opponent to stop them finding a space to receive the ball or for a player to intercept a pass

Attacking – To win, one team must score more goals than the other

Tactics and Strategies

Attacking and defending
 Create space and cut down space
 Losing an opponent
 Changes of speed
 Timing
 Decision making



Rules and Regulations

Goal Area – Only the goal keeper is allowed in the goal area.
 Goal keeper can save with any part of their body.
 Players cannot pass back to the goal keeper.
 The opposition cannot make body contact with a player
 You can take 3 steps and 3 seconds with the ball before a bounce or a pass.
 You can only use your hands.

Components of Fitness

- Co-ordination
- Agility
- Reaction time
- Power
- Stamina
- Strength


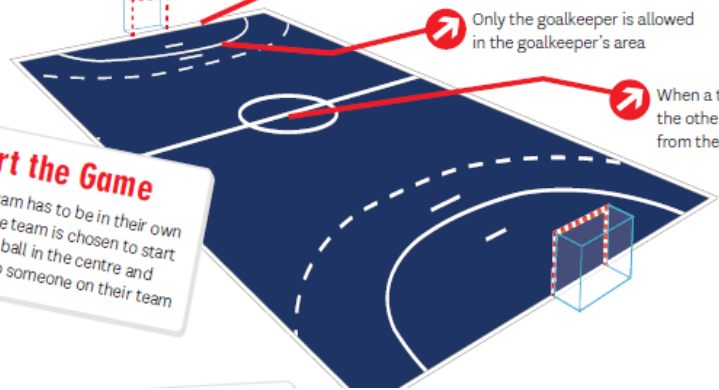
SMSC / Cultural Capital

Team work / Fair Play / Respect / Sportsmanship




Key Words / Literacy

- Interception
- Marking
- Possession
- Dribbling
- Team work
- Communication
- Co-operation
- Decision making
- Free Throw
- Penalty


Out of bounds: ball to the other team & if ball goes off back line it's back to the goalkeeper

Only the goalkeeper is allowed in the goalkeeper's area

When a team scores, the other team restart from the centre

Start the Game

Each team has to be in their own half. One team is chosen to start with the ball in the centre and passes to someone on their team





Learning Objective	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Year 7	To learn the basics of Basketball CHEST PASS/BOUNCE PASS	Learn how to perform a DRIBBLE in Basketball	Learn how to perform a SET SHOT	Learn how to perform a LAY UP SHOT	Learn how to DEFEND during a competitive Basketball Game.	Learn the BASIC RULES and self manage during a small sided game.	Learn how to ORGANISE/COMPETE & LEAD in a Basketball tournament.
Year 8	Learn basic team STRATEGY and TACTICS.	Learn ADVANCED SKILLS to beat defenders. (Screens, Fakes)	Improve DECISION MAKING to create an opportunity to score.	Develop an understanding of DEFENDING as a team. (Man-2-Man, Zone)	Develop an understanding of ATTACKING as a team. (Fast break)	Learn ADVANCED RULES and self manage during a small sided game.	ORGANISE, COMPETE and LEAD in a mini Basketball tournament.
Year 9	Develop ADVANCED SKILLS/techniques to beat defenders.	Complex DECISION MAKING to create an opportunity to score	Develop a range of team strategies to DEFEND as a team.	Develop a range of team strategies to ATTACK as a team.	Learn to OFFICIATE and LEAD during a match situation	Independently OFFICIATE and LEAD during a match situation	INDEPENDENTLY ORGANISE, COMPETE and OFFICIATE in a Basketball tournament.

Key Skills

Dribbling – Moving around the court whilst bouncing the ball in order to find space and create a chance to score.

Passing – Move the ball with two hands in multiple directions accurately to a team mate.

Shooting – Using a number of different skills in order to score a basket (Set Shot, Jump Shot, Lay Up).

Rebounding – Following a missed shot, regain possession by collecting the ball in the air after it has ‘rebounded’.

Pivoting – Changing direction on the spot in order to find a team mate to pass to in space.

Defending – Using your body, arms and hands to make it difficult for the opposition to get close to the basket.



Tactics and Strategies

Man to Man Marking
 Zone Defence
 Screening
 Fast break
 Fake (Shot/Pass)



SMSC/Cultural Capital

NBA Champions 2019: Toronto Raptors

Olympic Gold Medallists (Rio 2016):
 Men – Team USA
 Women – Team USA

https://en.wikipedia.org/wiki/History_of_basketball



Key Words / Literacy

Skill
 Technique
 Accuracy
 Possession
 Communication
 Co-operation
 Decision making
 Power
 Spatial awareness
 Speed
 Control



Basic Rules and Regulations

- Players attempt to win the game by scoring a number of ‘Baskets’, shots inside the ‘Key’ are worth 2 points and outside are worth 3 points.
- Players can move with the ball but they must bounce it every third step, this is termed dribbling.
- If a player moves without bouncing the ball this is called ‘Travelling’ and a foul is awarded to the opposition.
- If a player dribbles the ball and stops, they must then make a pass or shoot. If a player dribbles again this is termed ‘Double Dribble’ and a foul is awarded.
- Players are not permitted to make contact with other players this will be called a foul by the officials.

