

Class of 2025

Long Term Plan 2020-21



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
	W/C 24/08	W/C 31/08	W/C 07/09	W/C 14/09	W/C 21/09	W/C 28/09	W/C 05/10	W/C 12/10	W/C 02/11	W/C 09/11	W/C 16/11	W/C 23/11	W/C 30/11
Cycle 1	Induction	Tag Rugby What is the correct technique for carrying the ball in rugby ? Handball What are the 5 different types of passing ?	Tag Rugby What is the correct technique for passing the ball ? Handball What are the 5 different techniques used for catching in handball ?	Tag Rugby What is the correct procedure for tagging ? Handball What is the correct technique for shooting ?	Tag Rugby What are the tactics used for avoiding being tagged ? Handball What are the different techniques used in goal keeping ?	Tag Rugby What are the tactics used to stop a person scoring ? Handball What is the correct technique for defending ?	Tag Rugby What were you/your teams strengths and weaknesses? Handball What were you/your teams strengths and weaknesses?	Handball What are the different techniques used for catching in handball ? Tag Rugby What is the correct technique for carrying the ball in rugby ?	Handball What are the 5 different types of passing ? Tag Rugby What is the correct technique for passing the ball ?	Handball What is the correct technique for shooting ? Tag Rugby What is the correct procedure for tagging ?	Handball What are the different techniques used in goal keeping ? Tag Rugby What are the tactics used for avoiding being tagged ?	Handball What is the correct technique for defending ? Tag Rugby What are the tactics used to stop a person scoring ?	Handball What were you/your teams strengths and weaknesses? Tag Rugby What were you/your teams strengths and weaknesses?
		Bank Hol Mon			Mock 1		Mock 1			Data Day Monday			Panning day Friday
Cycle 2	W/C 07/12	W/C 14/12	W/C 04/01	W/C 11/01	W/C 18/01	W/C 25/01	W/C 01/02	W/C 08/02	W/C 22/02	W/C 01/03	W/C 08/03	W/C 15/03	W/C 22/03
	Table Tennis Why is coordination so important in table tennis ? Gymnastics What is the correct technique for using a springboard/trampoline?	Table Tennis What is the correct technique for the push shot ? Gymnastics What are the 4 basic shapes used in gymnastics ?	Table Tennis What is the correct technique for the drive ? Gymnastics What is the correct technique for mounting/dismounting a vault?	Table Tennis What is the correct technique for serving ? Gymnastics What must you do to make a vault aesthetically pleasing ?	Table Tennis What is the correct technique for the flick shot? Gymnastics Which component of fitness is most important in vaulting ?	Table Tennis What were your strengths weakness in performance ? Gymnastics What were your strengths weakness in performance ?	Table Tennis What were your strengths weakness in performance ? Gymnastics Why is coordination so important in table tennis ?	Gymnastics What is the correct technique for using a springboard/trampoline? Table Tennis Why is coordination so important in table tennis ?	Gymnastics What are the 4 basic shapes used in gymnastics ? Table Tennis What is the correct technique for the push shot ?	Gymnastics What is the correct technique for mounting/dismounting a vault? Table Tennis What is the correct technique for the drive ?	Gymnastics What must you do to make a vault aesthetically pleasing ? Table Tennis What is the correct technique for serving ?	Gymnastics Which component of fitness is most important in vaulting ? Table Tennis What is the correct technique for the flick shot?	Gymnastics What were your strengths weakness in performance ? Table Tennis What were your strengths weakness in performance ?
				Training Day Monday			Mock 2				Data Day Tuesday		
Cycle 3	W/C 12/04	W/C 19/04	W/C 26/04	W/C 03/05	W/C 10/05	W/C 17/05	W/C 24/05	W/C 07/06	W/C 14/06	W/C 21/06	W/C 28/06	W/C 05/07	W/C 12/07
	Soft Ball What are the different types of throw used in Softball ? Netball	Soft Ball What are the different fielding techniques	Soft Ball What are the key rules in softball ? Netball	Soft Ball What is the correct technique for batting ? Netball	Soft Ball What is the correct technique for batting ?	Soft Ball What were your/your teams strengths and weaknesses.	Soft Ball What were your/your teams strengths and weaknesses.	Netball What are the different types of passing used in netball ?	Netball What is the footwork rule? Softball What are the different	Netball What are the key rules in a game of netball ? SoftBall	Netball What positions can go where ? SoftBall	Netball What is the correct technique for shooting? SoftBall	Netball What were your/your teams strengths and weaknesses.

What are the different types of passing used in netball ?	used in softball ? Netball What is the footwork rule?	What are the key rules in a game of netball ?	What positions can go where ?	Netball What is the correct technique for shooting?	Netball What were your/your teams strengths and weaknesses.	Softball What are the different types of throw used in Softball ?	fielding techniques used in softball ?	What are the key rules in softball ?	What is the correct technique for batting ?	What is the correct technique for batting ?	SoftBall What were your/your teams strengths and weaknesses.	SoftBall What were your/your teams strengths and weaknesses.
				Bank hol Mon Exams Commence								School Closes to Scholars 13/07