

Topic: Year 10 Badminton			Duration: 6 x 1 hour lessons	Composite:
Key vocabulary:	Core knowledge Components		Powerful knowledge components crucial to commit to long term memory	Links to previous and future topics
Dominant Smash Tramlines Space awareness Forehand Backhand Outwitting	<p style="text-align: center;">Net Play (Basic)</p> <p>To be able to softer shots close in at the net to return the shuttle to the opponent's court. To know that the shuttle must always pass over the net as low as possible to prevent it being smashed back down by the opponent. To be able to force the opponent left or right using soft net shots.</p> <p style="text-align: center;">Forehand Drive</p> <p>To be able to play the forehand drive using the correct technique. To understand that it is more effective to play the shuttle into space away from your opponent. To be able to apply the strokes and rules covered so far to doubles games.</p> <p style="text-align: center;">Underarm Clear (lob)</p> <p>To be able to perform, using the correct technique, a lob from the net to the rear of the opponent's court, to recover from an opponent's drop shot. To be able to move to the net and lift the shuttle to the rear of the opponent's court, before regaining position midcourt. To be able to offer appropriate stretches for the start of a badminton session. To be able to umpire a ½ court singles game using the rules covered so far.</p> <p style="text-align: center;">Forehand Smash & Block</p> <p>To know that the Smash is an attacking shot and why. To know which shots can be returned with a smash and where the smash should be ideally placed. To be able to perform a technically correct smash. To be able to prepare for a player returning with a smash. To be able to use the block to return a smash.</p> <p style="text-align: center;">Push Return</p> <p>To be able to identify which serve your opponent is going to use before they serve and to prepare to receive that serve. To know that the shuttle must be high enough above the net before the push return can be used. To be able to capitalise on a poor quality, high serve by pushing it straight back down into the opponents court. To know the rules regarding contact with the net. To be able to lead a small group through a stretching routine appropriate to badminton. To be accurate in the push shot which enables them to outwit the opponent</p>		<p>Soft hands Low to the net Aim for space</p> <p>Use the tramlines Low and hard</p> <p>Response to a drop shot Recovery time Return to a dominant court position</p> <p>Hit the shuttle at the highest point After the 12 o clock point Snap the racket head through the shuttle for power Weight moving forward</p> <p>Anticipate serve Ready position Weight forward and split stance</p>	<p>Previous badminton units of work. HRE – Components Agility Speed Coordination</p>
Impressive reading	Impressive speaking	Impressive writing	Resilience	Employability via:

<ul style="list-style-type: none"> • Reading cue cards and resources. • Reading learning objective and outcomes. 	<ul style="list-style-type: none"> • Recall the impressive vocabulary and use the words to answer questions that are being asked. 	<ul style="list-style-type: none"> • Any use of resource card being filled in. 	<p>To develop the skills in a range of situations against different opposition. Show resilience when weather is poor or conditions are not favourable.</p>	<p>Teamwork Communication Cooperation</p>
<p>Communication and Interaction Cognition and Learning SEMH Physical/Sensory</p> <ul style="list-style-type: none"> -Quantity of instructions given at once. - Language given in explanations. - Demonstrations given at all times. - Positive discrimination towards those than need it. - Sensitively placing groups together. -Adjusting language and speed of explanation when needed. 				

Topic: Y10 Rugby		Duration: 6 weeks permitted in term	Composite:
Key vocabulary:	Core knowledge Components	Powerful knowledge components crucial to commit to long term memory	Links to previous and future topics
Offload Point Target	<p>1 passing- <u>Spin pass and offload</u></p> <ul style="list-style-type: none"> - Why do we try and spin pass instead of a normal pop pass? - Back hand of the ball is the one that spins the ball. - Follow through towards the target area - What is an offload? What does it look like - Emphasis is to try and play the ball quickly in rugby. When in rugby moving the ball in contact is considered an offload. - Lift the ball from low to high - Support players must be on the shoulders of attackers - Communication which side to offload - Soft hands <p>2. Tackling- Students will focus on two man tackles.</p>	<p>Offload- lift the ball upwards. Offload should only be performed when there is support. Spin pass- Cock the elbow back, pointing the nose of the ball at your target.</p>	<p>Links with previous offloading and passing. Complex of skills and drills increased</p>
Dominate Impact Shoulder wrap	<p>Lower your centre of gravity into a crouching position and brace your shoulder for impact. Drive with your legs. This will give the necessary momentum to make a firm impact with your shoulder on the ball carrier's thigh. STEP THREE Make sure your head is tucked behind your opponent's body. Wrap your arms around the ball carrier's legs, grip tightly and hold on. You've got a man to bring down. STEP FOUR Continue to drive through to complete the tackle. One tackler should perform this technique while the other partner should look to tackle high and strip the ball.</p>	<ul style="list-style-type: none"> - Cheak to cheak - 1 high 1 low - Rings of steel 	<p>Links with other games activities. Using numbers in defence to control the engagement.</p>
Height Impact	<p>3. Breakdown skills- Students will understand that as they approach every breakdown, the situation will be different every time having to change the rucking technique they will use. This will differ in attack and defence. Defence – Bridge the ball with multiple defenders</p>	<p>Every ruck is different and you must select the correct technique for the right situation.</p> <ul style="list-style-type: none"> - Bridge the ball- Defence 	<p>Links with pervious rucking lessons, the complexity and</p>

<p>Crockroll Clear-out</p> <p>Pencil Tension Jumper Control Landing Safety</p>	<p>Attack- crock roll, attack from the side, break the glass.</p> <p>4. Lineouts- Lifting in the lineout. The lifting technique and sequence As the jumper explodes into the jump, the lifter needs to immediately do the following:</p> <ul style="list-style-type: none"> • Get close to the jumper and make sure they have a grip on them. • Use the jumper's momentum to drive the jumper upwards. This initiates an arm extension to lock out the arms. • Close the gap with the jumper on full extension by taking two or three small steps inwards and towards the other lifter. • Keep their head in a neutral position to lock the core stomach muscles at the top of the lift. • Retain their grip following the catch and bring the jumper to the ground, holding on until the jumper is stable. • Move early to a new position away from opposition pressure, to set up and bring the jumper on to you. <p>5. Mauling- Mauling is an attacking option that can be used to beat a defensive set up. A maul occurs when the ball carrier is held by one or more opponents and one or more of the ball carrier's team mates holds on (binds) as well (a maul therefore needs a minimum of three players). The ball must be off the ground.</p> <p>The team in possession of the ball can attempt to gain territory by driving their opponents back towards the opponents' goal line. The ball can then be passed backwards between players in the maul and eventually passed to a player who is not in the maul, or a player can leave the maul carrying the ball and run with it</p> <p>6. Styles of play- The style of play can be changed in rugby, dependant on the situation the team finds themselves in. Students should understand the difference between fast and slow ball. Slow ball is linked to when defensive lines are set in position or you need to run down the clock. This can be done by picking an going from the back of a ruck. Fast ball can be used to try and exploit teams on the outside using pace and width.</p>	<p>- Crock roll- attack / Defence</p> <p>Jumper must jump Body tension in the air Pinch the thighs</p> <p>A maul can be used to attack a defence Strong bind Set before the push</p> <p>Slow ball = Defensive line set Fast Ball = beat the defence on the outside. Pick and go.</p>	<p>challenge of skills increased.</p> <p>Jumping in sports like basketball, gymnastics and badminton. Body tension and landing</p> <p>Crossover links with scrummaging and tackling.</p> <p>Links with football, hockey and other invasion games. Pace of play can be dictated and changed.</p>	
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<p><u>SEND:</u></p> <ul style="list-style-type: none"> -Quantity of instructions given at once. - Language given in explanations. - Demonstrations given at all times. - Positive discrimination towards those than need it. - Sensitively placing groups together. -Adjusting language and speed of explanation when needed. 				