

Subject	Lesson 1	Lesson 2
Week 1	<p>Rules, regulations and scoring system (sport 1 football / Netball)</p> <p>Rules: Pupils need to explain 10 different rules of their chosen sport. These could be things like what is a foul? What is a freekick and why would it be given? What are the rule about footwork in netball?</p> <p>Regulations: Pupils need to explain 7 regulations in their chosen sport. This could be the size of the pitch/court, game time, the equipment used, kits and footwear etc.</p> <p>Scoring system: Pupils need to explain the scoring system of the game. How is a goal scored? How do you win a game? How many points for a league game? How does a cup competition differ?</p>	<p>Rules, regulations and scoring system (sport 2 – Table tennis)</p> <p>Rules: Pupils need to explain 10 different rules of table tennis. This could be about serving, general play, singles/double matches etc.</p> <p>Regulations: Pupils need to explain 7 regulations of table tennis. This could be the size of the table/net, ball, game time, the equipment used, kits and footwear etc.</p> <p>Scoring system: Pupils need to explain the scoring system of the game. How is a goal scored? How do you win a game? How many points for a league game? How does a cup competition differ?</p>
Week 2	<p>Roles of the officials (sport 1 football / netball)</p> <p>Officials Who are the officials in the sport? Referee? Linesman? Umpire? Timekeeper? Explain what each person does, and what their job responsibilities are. Also include hand signals for each decision.</p>	<p>Roles of the officials (sport 2 - table tennis)</p> <p>Officials Who are the officials in the sport? Referee? Linesman? Umpire? Timekeeper? Explain what each person does, and what their job responsibilities are. Also include hand signals for each decision.</p>
Week 3	<p>Skills, Techniques and tactics (sport 1- football/netball)</p> <p>Skills Explain the key skills in the game. E.g. passing, shooting, dribbling, heading etc. For each one, you must explain how to perform the skill with a step by step instruction guide!</p> <p>Tactics You must also explain what tactics you might use in the game. Change in formation? Counterattack? Targeting weaknesses of the opposition? What else could you do to help you win.</p>	<p>Skills, techniques and tactics (sport 2- table tennis)</p> <p>Skills Explain the key skills in the game. E.g. serve, forehand, backhand, spin, smash etc. For each one, you must explain how to perform the skill with a step by step instruction guide!</p> <p>Tactics You must also explain what tactics you might use in the game. Shot variation? Targeting weakness of opposition? What else could you do to help you win.</p>
Week 4	<p>Observation checklist and identify Strengths and weaknesses (sport 1 – football /netball)</p> <p>Observation checklist You must produce an observation checklist to assess your skills in football or netball. All the key skills of the game should be in a table, with a scoring system. E.g. 1-5, 1-10, poor – excellent. Be creative!</p>	<p>Observation checklist and identify strengths and weaknesses (sport 2- table tennis)</p> <p>Observation checklist You must produce an observation checklist to assess your skills in table tennis. All the key skills of the game should be in a table, with a scoring system. E.g. 1-5, 1-10, poor – excellent. Be creative!</p>
Week 5	<p>Strengths and weaknesses Sport 1 From your checklist, you need to identify your top 3 strengths, and your 3 biggest weaknesses. Once you have these, explain why they are your weaknesses! Is it poor technique? Lack of</p>	<p>Strengths and weaknesses Sport 2 From your checklist, you need to identify your top 3 strengths, and your 3 biggest weaknesses. Once you have these, explain why they are your weaknesses! Is it poor technique? Lack of fitness? Lack of experience? Not relevant for your position? Give as much detail as possible!</p>

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