



Year 10

Term 1

Football – recap basic skills, move on to group work, attacking plays, defensive set ups, crossing areas direction of play, transition of play

Rugby –recapping basics then look at set plays including line outs, rucks/mauls and league rugby. Change of play and how to set up team moves.

Term 2

Fitness - circuits

Basketball – team play focus of formations for attacking and defending.

Badminton, serving, lob shots, smashes thinking 3 steps ahead!!

Term 3

Cricket and Swimming (groups split so boys get equal time in pool on alternate weeks)

Athletics

Short Tennis



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