

Week	Handball	Outdoor Adventurous Activities
1	<b>Passing &amp; receiving.</b> Know to pass the ball using a variety of passes and how to receive the ball. Know how to use disguise and dummy passes in competitive situations to gain an advantage.	<b>Orienteering.</b> Know how to use observational skills effectively. Know how to concentrate, listen and follow instructions to improve performance. Know how a high level of cardiovascular fitness will benefit an athlete's performance when orienteering.
2	<b>Movement to create space and angles.</b> Know how to use movement and support to benefit the attacking team and to disadvantage the defending team. Know how to quickly change the shape of your team during the transition phase, from a tight defensive unit into a goal-scoring threat.	<b>Orienteering.</b> Know how communication skills will benefit performance in pairs and team orienteering exercises. Know how improving team skills will enable a team or group to perform better during orienteering tasks.
3	<b>Running in possession.</b> Know how to legally run with the ball and when to use this skill to tactically benefit your team. <b>Defending.</b> Know how important it is to make quick recovery runs, when attacks break down, denying space for the attacking team. Know how and when to try and intercept passes, without disadvantaging your team and creating space for the attackers.	<b>Problem Solving games.</b> Know how verbal communication skills will improve performance when carrying out bench rearrangement exercises. Know how non-verbal communication skills will benefit performance when completing silent bench rearrangement activities. Know how improving teamwork skills will aid performance during team-based activities.
4	<b>Speed of passing.</b> Know how important moving the ball quickly is for successful attacking play and how a variety of passes can be used to gain an advantage in attacking situations. <b>Shooting.</b> Know how important it is to shoot quickly with power, accuracy and sometimes using disguise, when trying to score goals.	<b>Climbing.</b> Know that safety is vital when carrying out climbing activities. Know how to use helmets, belts and harnesses correctly and how to check partner's equipment to ensure safety at all times. Know to tie ropes, use carabiner and belay correctly to ensure you and partners are always safe. Know how to traverse across low bouldering course and how to communicate with partners to assist movement, with correct "climbing calls" – "ready to climb", "climb when ready", "climbing, "OK"
	<b>Short Tennis</b>	<b>Football</b>
5	<b>Serving.</b> Know that the server has to be behind the baseline and that he has to serve legally into his opponent's service box and that he has 2 attempts to serve correctly. Know how to play topspin, slice and side spins serves consistently and accurately. Know how to vary the delivery of different serves to gain a tactical advantage over your opponent.	<b>Running with the ball.</b> Know how and when to run with the ball at speed to benefit your team, particularly during a break away. <b>Dribbling.</b> Know how and when to dribble and shield the ball. Know how and when to dummies, disguise and skill to beat individual defenders. Know when to release the ball to benefit your team and disadvantage the opposition.
6	<b>Slice.</b> Know to execute a slice shot, which is used to gain a tactical advantage during a rally. Know how to observe your opponent's performance and recognise any weaknesses that can be exploited during a rally.	<b>Recovery runs during transition.</b> When losing possession, know how important it is to players to make defensive recovery runs and to create a solid defensive unit. Know when and how to press the ball, forcing errors from the attacker.
7	<b>Topspin.</b> Know that this is an attacking shot is used to pressure an opponent into making a mistake or to win points cleanly. Know how to move your opponent into positions which create space for you to hit winning topspin shots.	<b>Corners.</b> Know how to play "in" and "out" swinging corners and how varying the delivery can create different types of goal scoring opportunities. Know how to attack a crossed ball, using a variety of runs to create space and also confuse defenders. Know how to head the ball with accuracy, control and power in goal-scoring situations.
8	<b>Volleying and approaching shots.</b> Know that volleys are played when close to the net and they should be winning shots or shots that put your opponent under pressure. Know how to move your opponent into positions which forces them to hit weak shots that can be taken advantage off at the net. Know to move quickly around the court particularly when following in a strong ground shot.	<b>1 &amp; 2-touch play.</b> Know how to use quick 1 and 2 touch play to benefit the team when attacking. Know how to be balanced when receiving the ball and how to lay-off the ball for the first time, using various parts of the feet and body.

## Year 8 Kemnal Keys – Term 4