

Week	Outdoor Adventurous Activities	Table Tennis
1	<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.	<b>Serving.</b> Know how to toss the ball and play a serve legally and know the rules surrounding the execution of a serve. Know how to serve using top-spin, back-spin and side-spin to gain an advantage over an opponent. Know to mix and vary your different services to gain a tactical advantage at the beginning of a rally.
2	<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.	<b>Push Shot.</b> Know that this controlled shot, without a lot of movement. Know that backhand push shots are played from in front of the body, while forehands are played slightly away from the body. Know how to manoeuvre the ball using a push shot to gain a tactical advantage.
3	<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.	<b>Block shot.</b> Know that this is a defensive, recovery shot that uses the power of your opponent's shot to generate the pace. Know how to play a successful block shot from a variety of positions, lengths and angles and know how to play a defensive shot effectively to transition a defensive rally into an attacking position.
4	<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>Drive and loop shots.</b> Know that drive and loop shots are used in attacking situations Know that you are tactically trying to manipulate a position where you can use a drive or loop shot to gain a tactical advantage in the rally. Know that when this positional advantage is achieved it is important to try to use these shots into pressuring your opponent into a defensive error.
	<b>Volleyball</b>	<b>Football</b>
5	<b>Serving.</b> Know to serve legally and consistently. Know how to use the serve as an advantage, by adjusting the speed, height and direction of each serve. Know to identify weaker areas in the opposition line up and target your serves into these areas, to gain a tactical advantage at the start of a rally.	<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>Dig.</b> Know how to play this defensive shot effectively to gain time and recover position, through using lots of height. Teammates know to move into supporting positions, ready to play the next shot.	<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>Set.</b> Know where to position yourself and how to execute the set to benefit your team. Know to play the ball with control and height close to the net to allow an attacking shot to follow.	<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>Spike.</b> Know how to play this attacking shot with power and accuracy to win rallies and points. Know how to position yourself in advance and how to use a positive attacking run to gain height before executing the shot accurately. Know how to use players with different strengths effectively during rallies to achieve the best possible chance of winning each point.	<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 10 Kemnal Keys – Term 3 & 4 Options

