

Activity	Curious	Reflective	Creative	Resourceful	Perseverance
Basketball	Showing the whole technique of a successful skill. Students then have to work out how to copy the technique	Ipad to review and reflect on own technique	Using different tactics to attack against a zone or man to man defence	All students to turn up to lessons with correct kit and have used the flip learning resources prior to the lesson.	Continue to try new techniques / practice skills
Rugby	Experiment with techniques and use lesson time to try different techniques	Work in 3's to coach different techniques i.e. tackling technique (1 coach / 2 practising)	Different tactics to defend (drift / press) ways to attack (pick and go, use of width etc)	All students to have mouthguards and use flip learning resources	As for most this will be a new sport to learn – to continue to practice skills in a competitive situation
Dance	Bollywood and Guernica lend themselves to cultural exploration (learning about Picasso and the bombings of Guernica and then Indian culture and traditions)	Self and peer assessment by filming performances and then planning based on the feedback received.	Creation of movement phases, shapes, balances	Bring kit and group discussions Create choreography in preparation for the lesson.	Aiming for high level performance and also having the motivation to work independently
Gymnastics		Self and peer assessment by filming performances and then planning based on the feedback received.	Creation of movement phases, shapes, balances	Bring kit and group discussions	Aiming for high level performance and also having the motivation to work independently
Netball	Ways to evade a defender Set Plays Creating their own drills to focus on a skill.	Reflect on skills used for each position. Reflecting on use of different stages of defending for different parts of the court. Reflect on successful/unsuccessful implementation of set plays. Self and Peer assessment of skills.	Coming up with tactics in game situations. Creating set plays Creating new drills	Bring kit and group discussions.	When learning new skills or playing against strong opposition

Striking and Fielding	How can you hit the ball such a long way?	Pupils to analyse own and team performance – what reasons did you concede runs / rounders etc	In pressure situations how do you find ways to score runs / rounders. Use of a range of shots / bowling techniques	Bring kit and group discussions.	
Football	Guided discovery style – the ball has to travel from here to here as accurately as possible / as fast as possible.	Sport education style – each team has warm up coach, equipment coach, performance coach – pupils rotate roles each lesson – the performance coach has the analysis / reflective role.	Coach / manager has time at the beginning and during games to overcome opponents strengths.	Being position specific can pupils ensure they perform their role for the team – a team will need to negate a wingers pace – what do they do to achieve this? (team to restrict time on the ball to not allow midfield to pass them the ball, sweeper keeper, give the winger a yard etc.	Often either defences or attacks will be deliberately overloaded and so pupils need to continue to find ways to overcome a numerical disadvantage
Net / Wall games	Tennis – imparting spin on the ball (how do you do it, what effect does it have on the flight of the ball, when would you use it?) Badminton – what are the technical differences between a smash, drop and overhead clear?	Video analysis of technique i.e using technique cards how do they compare?	In game situations how do you move your opponent to where you want them to be – show selection, disguise of show etc.	Using all the shots within a game – how do you ensure that you are playing to an opponents weaknesses as opposed to strength i.e if someone has a great smash how do you play without lifting the shuttle / ball above head height.	Practice within drill type scenarios to ensure that shots are as close to technically perfect as possible.
Athletics	Questions like: How can I jump that far / high? How do I throw that far?	Trying to beat personal bests – use of Ipads to video own technique and compare to perfect model			Attempting to better personal bests.