

Phase	Objective	Activities	Testing / Competition		
Jump shot	<p>To be able to perform the Jump shot</p> <p>To understand and know how to perform the Jump Shot</p> <p>To improve the pupils performance, theoretical and practical understanding of the Jump shot</p> <p>To understand and know how to confidently perform with accuracy, the Jump Shot</p> <p>To be able to outwit opponents using the jump shot.</p> <p>To confidently perform with accuracy, the jump shot with speed, height, distance, strength and accuracy.</p>	<p>In pairs opposite each other pupils practice basic passing/receiving. Bring in a jump upon release of the pass.</p> <p>Pupils line up on one side of the net. 3 defenders around the D take 3 steps and shoot without jumping.</p> <p>Use video camera to observe techniques</p> <p>Pupils then encouraged to use the jump shot.</p> <p>In pairs. Attack the net using 3 passes and use Jump shot.</p>	<p>How many jump shots are successful or not in two minutes.</p> <p>5 v 5 with 2 nets</p> <p>3 v 3 with 1 net</p> <p>Full Game</p>		
	<th data-bbox="359 709 1172 758">Assessment</th> <td data-bbox="1207 709 1914 1108"> <th data-bbox="1207 709 1914 758">Theoretical PE</th> <td data-bbox="1955 709 2599 1108"> <th data-bbox="1955 709 2599 758">Resilience</th> </td></td>	Assessment	<th data-bbox="1207 709 1914 758">Theoretical PE</th> <td data-bbox="1955 709 2599 1108"> <th data-bbox="1955 709 2599 758">Resilience</th> </td>	Theoretical PE	<th data-bbox="1955 709 2599 758">Resilience</th>
Maths	Percentages to decimals				
English	Fictional writing: Write about and create a character who plays Tchoukball				
Science	Inheritance, chromosomes, DNA and genes				
Equipment	Tchoukballs, Nets, Cones / Markers, Bibs, Whistle, Stopwatch, Chalk,				

Pupils state, identify and reflect on the strength and weaknesses of Shooting performances.

Q & A of the different tactics used when shooting

- Measure what skills need to improve when in jump shot
- Gauge what skills need to improve when jump shooting
- Ask pupils for feedback and analysis of shooting performances

Look at identifying muscles in the body as they are stretched; Latissimus dorsi; Deltoid; Rotator cuffs; Pectorals; Biceps; Triceps; Abdominals; Hip flexors; Gluteals; Hamstrings; Quadriceps'; Gastrocnemius; Tibialis anterior; Latissimus dorsi; External obliques

Look at a breakdown of the of the dribble and explain the joint types in use and the movement that they allow.

Include other examples within this lesson for example moving the ball behind the back and look at these movements in other skills/sports for; flexion/extension; abduction/adduction; Rotation of the shoulder; Plantar flexion/dorsiflexion at the ankle

Reward grit and determination when learning new skills

Are students able to accept others opinions and scenarios (above their own)