

**Year: 7 GIRLS**

**Subject: Physical Education**

Term	Week	Focus	Summary	Learning Outcomes	Parent Support and Independent Learning
	1	Basketball	Ball control - dribbling	To be able to dribble the ball with control using dominant hand.	Triple threat <a href="https://www.youtube.com/watch?v=A-Jg0BwOYGE">https://www.youtube.com/watch?v=A-Jg0BwOYGE</a> Jump stop and pivot <a href="https://www.youtube.com/watch?v=8BQ5w4Swl3s">https://www.youtube.com/watch?v=8BQ5w4Swl3s</a> <a href="https://www.youtube.com/watch?v=Jv7oFJ_VCxs">https://www.youtube.com/watch?v=Jv7oFJ_VCxs</a> passing <a href="https://www.youtube.com/watch?v=7UT4JTPiw_0">https://www.youtube.com/watch?v=7UT4JTPiw_0</a> dribbling <a href="https://www.youtube.com/watch?v=OeGoxNOgAYM&amp;t=23s">https://www.youtube.com/watch?v=OeGoxNOgAYM&amp;t=23s</a>
	1	Athletics	Throwing - Javelin	To understand the rules of javelin. To be able to perform the technique for javelin (standing and small run up)	Rules <a href="https://www.youtube.com/watch?v=9fGiv2MwFLk">https://www.youtube.com/watch?v=9fGiv2MwFLk</a> tip down <a href="https://www.youtube.com/watch?v=JZ9PHvqDr40">https://www.youtube.com/watch?v=JZ9PHvqDr40</a> learning how to throw <a href="https://www.youtube.com/watch?v=ck2nE9aX5hk">https://www.youtube.com/watch?v=ck2nE9aX5hk</a> <a href="https://www.youtube.com/watch?v=Lg2CHt7kxQ8">https://www.youtube.com/watch?v=Lg2CHt7kxQ8</a>
	2	Basketball	Jump stop, pivoting and passing	To be able to perform a controlled jump stop, using the backward pivot to change direction and pass the ball using a variety of passes.	Jump stop and pivot <a href="https://www.youtube.com/watch?v=8BQ5w4Swl3s">https://www.youtube.com/watch?v=8BQ5w4Swl3s</a> <a href="https://www.youtube.com/watch?v=Jv7oFJ_VCxs">https://www.youtube.com/watch?v=Jv7oFJ_VCxs</a> passing <a href="https://www.youtube.com/watch?v=7UT4JTPiw_0">https://www.youtube.com/watch?v=7UT4JTPiw_0</a>
	2	Athletics	Throwing - Shot Putt	To understand the rules of shot putt. To be able to perform the standing and shuffle technique for shot putt that reflect their ability.	Rules <a href="https://www.youtube.com/watch?v=EFje4ysTLZs">https://www.youtube.com/watch?v=EFje4ysTLZs</a> grip and delivery <a href="https://www.youtube.com/watch?v=XkqI_HGQ8UQ&amp;list=PLixDxoyT5M5LL5g_M4m8lxadoABY0cYKC">https://www.youtube.com/watch?v=XkqI_HGQ8UQ&amp;list=PLixDxoyT5M5LL5g_M4m8lxadoABY0cYKC</a> Standing throw <a href="https://www.youtube.com/watch?v=I3Mn0bTfgRk&amp;list=PLixDxoyT5M5LL5g_M4m8lxadoABY0cYKC&amp;index=26">https://www.youtube.com/watch?v=I3Mn0bTfgRk&amp;list=PLixDxoyT5M5LL5g_M4m8lxadoABY0cYKC&amp;index=26</a>
	3	Basketball	Shooting	To be able to perform the correct shooting technique using either the set shot or jump shot.	Shooting mechanics <a href="https://www.youtube.com/watch?v=UcnB9e5O5NY">https://www.youtube.com/watch?v=UcnB9e5O5NY</a> Self-shooting

					<a href="https://www.youtube.com/watch?v=eBx7_PRWdJc">https://www.youtube.com/watch?v=eBx7_PRWdJc</a> Shooting practice <a href="https://www.youtube.com/watch?v=MbS29S6Pg8s">https://www.youtube.com/watch?v=MbS29S6Pg8s</a> rebounding <a href="https://www.youtube.com/watch?v=zJIRi5e_9bQ">https://www.youtube.com/watch?v=zJIRi5e_9bQ</a>
3	Athletics	Throwing - Discus	To understand the rules discus. To understand the grip, release and arm action of the discus technique.	Rules <a href="https://www.youtube.com/watch?v=LMUahmjET7Q">https://www.youtube.com/watch?v=LMUahmjET7Q</a> grip and delivery <a href="https://www.youtube.com/watch?v=n9xqxvIwMJE&amp;list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&amp;index=3">https://www.youtube.com/watch?v=n9xqxvIwMJE&amp;list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&amp;index=3</a> Throwing <a href="https://www.youtube.com/watch?v=5atxdHaE-T8">https://www.youtube.com/watch?v=5atxdHaE-T8</a>	
4	Basketball	Getting free – outwitting an opponent	To be able to get free and outwit your opponent	<a href="https://www.youtube.com/watch?v=9SBvptJM258">https://www.youtube.com/watch?v=9SBvptJM258</a>	
4	Athletics	Throwing – Discus	To be able to perform the standing technique for discus their ability.	Rules <a href="https://www.youtube.com/watch?v=LMUahmjET7Q">https://www.youtube.com/watch?v=LMUahmjET7Q</a> grip and delivery <a href="https://www.youtube.com/watch?v=n9xqxvIwMJE&amp;list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&amp;index=3">https://www.youtube.com/watch?v=n9xqxvIwMJE&amp;list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&amp;index=3</a> Throwing <a href="https://www.youtube.com/watch?v=5atxdHaE-T8">https://www.youtube.com/watch?v=5atxdHaE-T8</a>	
5	Basketball	Defending - man marking	To be able to mark players closely, denying them space	Man marking <a href="https://www.youtube.com/watch?v=4A6KqSjX8Ek">https://www.youtube.com/watch?v=4A6KqSjX8Ek</a> <a href="https://www.youtube.com/watch?v=wuWE4T1DHCw">https://www.youtube.com/watch?v=wuWE4T1DHCw</a>	
5	Athletics	Jumping – Long Jump	To understand the rules regarding take off long jump. To be able to perform an effective long jump technique for their ability.	Rules <a href="https://www.youtube.com/watch?v=OOJ1_1moKKM">https://www.youtube.com/watch?v=OOJ1_1moKKM</a> fundamentals of long jump <a href="https://www.youtube.com/watch?v=L0cQBmpgicg&amp;list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&amp;index=23">https://www.youtube.com/watch?v=L0cQBmpgicg&amp;list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&amp;index=23</a> long jump take off <a href="https://www.youtube.com/watch?v=1NdNzQKNvWU&amp;list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&amp;index=26">https://www.youtube.com/watch?v=1NdNzQKNvWU&amp;list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&amp;index=26</a> landing <a href="https://www.youtube.com/watch?v=mmJpbORtJSc&amp;list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&amp;index=59">https://www.youtube.com/watch?v=mmJpbORtJSc&amp;list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&amp;index=59</a> technique	

					<a href="https://www.youtube.com/watch?v=LPIkPM2B9DM">https://www.youtube.com/watch?v=LPIkPM2B9DM</a> <a href="https://www.youtube.com/watch?v=40o9PoSCnmM">https://www.youtube.com/watch?v=40o9PoSCnmM</a>
6	Basketball	Game Play	To perform previously learnt skills and understand how to apply these skills and rules in full game situations.	Rules <a href="https://www.youtube.com/watch?v=wYjp2zoqQrs">https://www.youtube.com/watch?v=wYjp2zoqQrs</a> game <a href="https://www.youtube.com/watch?v=1JaVoPEcQhs">https://www.youtube.com/watch?v=1JaVoPEcQhs</a>	
6	Athletics	Sprinting	To be able to perform the technique for sprinting (100m). To be able to use a sprint start to create power and speed.	Sprint starts <a href="https://www.youtube.com/watch?v=YwbPv91e6AY">https://www.youtube.com/watch?v=YwbPv91e6AY</a> <a href="https://www.youtube.com/watch?v=7TXf8UPDtUE&amp;list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&amp;index=18">https://www.youtube.com/watch?v=7TXf8UPDtUE&amp;list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&amp;index=18</a> drills to improve running technique <a href="https://www.youtube.com/watch?v=7FRWXrdmKI8">https://www.youtube.com/watch?v=7FRWXrdmKI8</a>	
7	Basketball	Assessment	Demonstrate all skills learnt in drills and a full court game in a competitive situation.		
7	Athletics	Sprinting	To be able to perform the technique for sprinting using a sprint start (200m and 400m).	Setting up starting blocks on the bend <a href="https://www.youtube.com/watch?v=6nYmRVhMz1A&amp;list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&amp;index=55">https://www.youtube.com/watch?v=6nYmRVhMz1A&amp;list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&amp;index=55</a> drills to improve running technique <a href="https://www.youtube.com/watch?v=7FRWXrdmKI8">https://www.youtube.com/watch?v=7FRWXrdmKI8</a>	

Term	Week	Focus	Summary	Learning Outcomes	Parent Support and Independent Learning
	1	Athletics	Jumping – High jump	To understand the rules high jump. To be able to perform an effective high jump technique for their ability	Rules <a href="https://www.youtube.com/watch?v=-DmF8RCIadM">https://www.youtube.com/watch?v=-DmF8RCIadM</a> beginners <a href="https://www.youtube.com/watch?v=NLufVXI7HOQ">https://www.youtube.com/watch?v=NLufVXI7HOQ</a> Scissor technique <a href="https://www.youtube.com/watch?v=-1T5vrm53SI">https://www.youtube.com/watch?v=-1T5vrm53SI</a> introduction to the flop technique <a href="https://www.youtube.com/watch?v=CIsVe-WQF-g">https://www.youtube.com/watch?v=CIsVe-WQF-g</a> <a href="https://www.youtube.com/watch?v=p3aqLIUJMQw">https://www.youtube.com/watch?v=p3aqLIUJMQw</a> creating and running an arch <a href="https://www.youtube.com/watch?v=ML-NFFnSCTs&amp;list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&amp;index=49">https://www.youtube.com/watch?v=ML-NFFnSCTs&amp;list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&amp;index=49</a> <a href="https://www.youtube.com/watch?v=w8HGUFViMNQ&amp;list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&amp;index=51">https://www.youtube.com/watch?v=w8HGUFViMNQ&amp;list=PLixDxoyT5M5LL5q_M4m8lxadoABY0cYKC&amp;index=51</a>

2	Athletics	Jumping – High jump	To understand the rules high jump. To be able to perform an effective high jump technique for their ability	Rules <a href="https://www.youtube.com/watch?v=-DmF8RCIadM">https://www.youtube.com/watch?v=-DmF8RCIadM</a> beginners <a href="https://www.youtube.com/watch?v=NLufVXI7HOQ">https://www.youtube.com/watch?v=NLufVXI7HOQ</a> Scissor technique <a href="https://www.youtube.com/watch?v=-1T5vrm53SI">https://www.youtube.com/watch?v=-1T5vrm53SI</a> introduction to the flop technique <a href="https://www.youtube.com/watch?v=CIsVe-WQF-g">https://www.youtube.com/watch?v=CIsVe-WQF-g</a> <a href="https://www.youtube.com/watch?v=p3aqLIUJMQw">https://www.youtube.com/watch?v=p3aqLIUJMQw</a> creating and running an arch <a href="https://www.youtube.com/watch?v=ML-NFFnSCTs&amp;list=PLixDxoyT5M5LL5g_M4m8lxadoABY0cYKC&amp;index=49">https://www.youtube.com/watch?v=ML-NFFnSCTs&amp;list=PLixDxoyT5M5LL5g_M4m8lxadoABY0cYKC&amp;index=49</a> <a href="https://www.youtube.com/watch?v=w8HGUFViMNQ&amp;list=PLixDxoyT5M5LL5g_M4m8lxadoABY0cYKC&amp;index=51">https://www.youtube.com/watch?v=w8HGUFViMNQ&amp;list=PLixDxoyT5M5LL5g_M4m8lxadoABY0cYKC&amp;index=51</a>
3	Athletics	Middle distance running	Understand how to pace an 800m race reflecting on their own ability.	<a href="https://www.youtube.com/watch?v=7FRWXrdmKI8">https://www.youtube.com/watch?v=7FRWXrdmKI8</a>
4	Athletics	Middle distance running	Understand how to pace an 800m race reflecting on their own ability.	<a href="https://www.youtube.com/watch?v=7FRWXrdmKI8">https://www.youtube.com/watch?v=7FRWXrdmKI8</a>
5	Athletics	Relays	Understand the relay change over rules. To be able to perform the down sweep technique a relay.	4 x 100m <a href="https://www.youtube.com/watch?v=55_kVAQLums">https://www.youtube.com/watch?v=55_kVAQLums</a> changeover <a href="https://www.youtube.com/watch?v=_los9Gt7Grg&amp;list=PLixDxoyT5M5LL5g_M4m8lxadoABY0cYKC&amp;index=11">https://www.youtube.com/watch?v=_los9Gt7Grg&amp;list=PLixDxoyT5M5LL5g_M4m8lxadoABY0cYKC&amp;index=11</a>
7	Athletics	Relays  Recap over a throwing, jumping or running events of their choice.	Demonstrate the rules and technique for the relay. Demonstrate an understanding of the techniques.	4 x 400m relay <a href="https://www.youtube.com/watch?v=LfijldrQTp0">https://www.youtube.com/watch?v=LfijldrQTp0</a> <a href="https://www.youtube.com/watch?v=t8acYLuA3M0">https://www.youtube.com/watch?v=t8acYLuA3M0</a>

Term	Week	Focus	Summary	Learning Outcomes	Parent Support and Independent Learning
<b>2A</b>	1	Swimming	Body position and Breaststroke	To be able to perform a streamlined push and glide. To be able to perform the leg action and arm action	<a href="https://www.youtube.com/watch?v=IFU0aZEEIqc">https://www.youtube.com/watch?v=IFU0aZEEIqc</a> <a href="https://www.youtube.com/watch?v=ppuDgfdk9y8">https://www.youtube.com/watch?v=ppuDgfdk9y8</a>
	2	Swimming	Breaststroke	To be able to perform the correct timing of the stroke focusing on the breathing technique.	<a href="https://www.youtube.com/watch?v=9aefCaQKZpo">https://www.youtube.com/watch?v=9aefCaQKZpo</a>
	3	Swimming	Front crawl	To be able to perform the leg and arm action	<a href="https://www.youtube.com/watch?v=-UzYFyaeGEY">https://www.youtube.com/watch?v=-UzYFyaeGEY</a>
	4	Swimming	Front crawl	To be able to demonstrate the breathing technique.	<a href="https://www.youtube.com/watch?v=-UzYFyaeGEY">https://www.youtube.com/watch?v=-UzYFyaeGEY</a>
	5	Swimming	Back crawl	To be able to perform the leg and arm action	<a href="https://www.youtube.com/watch?v=4_GAi41UXiM">https://www.youtube.com/watch?v=4_GAi41UXiM</a> <a href="https://www.youtube.com/watch?v=VYLb1MRlyk0">https://www.youtube.com/watch?v=VYLb1MRlyk0</a>
	6	Swimming	Race starts	To be able to perform the race starts for the stroke.	<a href="https://www.youtube.com/watch?v=CuRuRFzGNo8">https://www.youtube.com/watch?v=CuRuRFzGNo8</a>
	7	Swimming	Assessment	To understand and perform the full strokes	

Term	Week	Focus	Summary	Learning Outcomes	Parent Support and Independent Learning
2B	1	Volleyball	Overhead (Volley) and Forearm Pass (dig)	To be able to perform the volley and forearm pass	Forearm pass (dig) <a href="https://www.youtube.com/watch?v=vAAcuihU11U">https://www.youtube.com/watch?v=vAAcuihU11U</a> <a href="https://www.youtube.com/watch?v=wYPXkfK4ZGs">https://www.youtube.com/watch?v=wYPXkfK4ZGs</a> <a href="https://www.youtube.com/watch?v=y73so-UV-X8">https://www.youtube.com/watch?v=y73so-UV-X8</a> Overhead Pass (Volley) <a href="https://www.youtube.com/watch?v=2f8l_Fb84LE">https://www.youtube.com/watch?v=2f8l_Fb84LE</a> <a href="https://www.youtube.com/watch?v=dn_rkWl7700">https://www.youtube.com/watch?v=dn_rkWl7700</a>
	2	Volleyball	Serving  Volley and dig	To be able to perform the serve technique. To be able to perform the volley and dig in a rally.	Partner drills <a href="https://www.youtube.com/watch?v=XE8wxJMxUdE">https://www.youtube.com/watch?v=XE8wxJMxUdE</a> Serving <a href="https://www.youtube.com/watch?v=E65rysfSWNQ">https://www.youtube.com/watch?v=E65rysfSWNQ</a> <a href="https://www.youtube.com/watch?v=oO44w6NFpl4">https://www.youtube.com/watch?v=oO44w6NFpl4</a>
	3	Volleyball	Volley and dig	To be able to perform either the volley and dig in a 3 touch rally. Be able to apply skills in a game	Partner and group passing drills <a href="https://www.youtube.com/watch?v=XE8wxJMxUdE">https://www.youtube.com/watch?v=XE8wxJMxUdE</a> <a href="https://www.youtube.com/watch?v=hMy8hN_dk1c">https://www.youtube.com/watch?v=hMy8hN_dk1c</a> <a href="https://www.youtube.com/watch?v=oxZMxB_QYA8">https://www.youtube.com/watch?v=oxZMxB_QYA8</a> <a href="https://www.youtube.com/watch?v=VYYWfukq_zg">https://www.youtube.com/watch?v=VYYWfukq_zg</a>
	4	Volleyball	Spike	To be able to throw the ball and contact ball with correct part of the hand. To be able to jump up and contact ball that is thrown/volleyed.	Learning how to spike drills <a href="https://www.youtube.com/watch?v=qGGNW151mro">https://www.youtube.com/watch?v=qGGNW151mro</a>
	5	Volleyball	Spike	To be able to spike a ball from a set.	Spike footwork <a href="https://www.youtube.com/watch?v=1UscFC5Tx4">https://www.youtube.com/watch?v=1UscFC5Tx4</a> <a href="https://www.youtube.com/watch?v=r-d4atm9TnE">https://www.youtube.com/watch?v=r-d4atm9TnE</a> Learning how to spike drills <a href="https://www.youtube.com/watch?v=qGGNW151mro">https://www.youtube.com/watch?v=qGGNW151mro</a>
	6	Volleyball	Game play	To perform previously learnt skills and understand how to	Rules <a href="https://www.youtube.com/watch?v=OWCkPbzq81g">https://www.youtube.com/watch?v=OWCkPbzq81g</a> 7 <sup>th</sup> grade game – 12 to 13 year olds

				apply these skills and rules in full game situations.	<a href="https://www.youtube.com/watch?v=oDe6pthzSqq">https://www.youtube.com/watch?v=oDe6pthzSqq</a>
	7	Volleyball	Volleyball Assessment	Demonstrate all skills learnt in drills and a full court game in a competitive situation.	

Term	Week	Focus	Summary	Learning Outcomes	Parent Support and Independent Learning
<b>3A</b>	1	Netball	Passing and Moving	To be able to pass and move using a variety of passes. Focus on moving to space.	<a href="https://www.youtube.com/watch?v=V1qINnl-Dis">https://www.youtube.com/watch?v=V1qINnl-Dis</a> <a href="https://www.sportplan.net/drills/Netball/rules.jsp">https://www.sportplan.net/drills/Netball/rules.jsp</a>
	2	Netball	Footwork and Pivoting	To demonstrate 1,2 footwork with pivoting. To perform a pivot with correct technique in order to change direction	<a href="https://www.youtube.com/watch?v=rtnDm52t_eM">https://www.youtube.com/watch?v=rtnDm52t_eM</a>
	3	Netball	Getting free - dodging	To be able to get free by changing direction and speed.	<a href="https://www.youtube.com/watch?v=s1LJDtgNrCY">https://www.youtube.com/watch?v=s1LJDtgNrCY</a> <a href="https://www.youtube.com/watch?v=5opWTP58qEs">https://www.youtube.com/watch?v=5opWTP58qEs</a>
	4	Netball	Marking	To be able to mark players without the ball and deny attacking space.	<a href="https://www.youtube.com/watch?v=lzPJPCg5SCg">https://www.youtube.com/watch?v=lzPJPCg5SCg</a> <a href="https://www.youtube.com/watch?v=B3pHyEuFTTc&amp;t=7s">https://www.youtube.com/watch?v=B3pHyEuFTTc&amp;t=7s</a>
	5	Netball	Shooting	To perform the shooting technique with/without a defender.	<a href="https://www.youtube.com/watch?v=wGUXLyYXvzU">https://www.youtube.com/watch?v=wGUXLyYXvzU</a> Shooter holding space <a href="https://www.youtube.com/watch?v=YFZ-yySpnSk">https://www.youtube.com/watch?v=YFZ-yySpnSk</a> defending the shooter <a href="https://www.youtube.com/watch?v=sgHd_siUqxg">https://www.youtube.com/watch?v=sgHd_siUqxg</a>
	6	Netball	Game Play	To perform previously learnt skills and understand how to apply these skills and rules in full game situations.	<a href="https://www.youtube.com/watch?v=wC-zwp9aW9Q">https://www.youtube.com/watch?v=wC-zwp9aW9Q</a> <a href="https://www.youtube.com/watch?v=spToSGqkuuw">https://www.youtube.com/watch?v=spToSGqkuuw</a>
	7	Netball	Assessment	Demonstrate all skills learnt in drills and a full court game in a competitive situation.	

Term	Week	Focus	Summary	Learning Outcomes	Parent Support and Independent Learning
<b>3B</b>	1	Rounders	Fielding skills	To be able to perform the long barrier, throwing and catching over various distances	<a href="https://www.youtube.com/watch?v=YWJtqI-Jg0A&amp;list=PLHQYIk0gG59RFeQATSO77MBCt_i2J6pE3">https://www.youtube.com/watch?v=YWJtqI-Jg0A&amp;list=PLHQYIk0gG59RFeQATSO77MBCt_i2J6pE3</a> <a href="https://www.youtube.com/watch?v=tp76VnKw3B4">https://www.youtube.com/watch?v=tp76VnKw3B4</a>
	2	Rounders	Batting	To perform the batting technique with a stationary/moving ball	<a href="https://www.youtube.com/watch?v=smTBrE52Fag">https://www.youtube.com/watch?v=smTBrE52Fag</a> <a href="https://www.youtube.com/watch?v=6_z-uaiczxl">https://www.youtube.com/watch?v=6_z-uaiczxl</a>
	3	Rounders	Fielding skills and Batting	To perform the fielding skills and batting technique	Batters position <a href="https://www.youtube.com/watch?v=6_z-uaiczxl&amp;list=PLHQYIk0gG59RFeQATSO77MBCt_i2J6pE3&amp;index=10">https://www.youtube.com/watch?v=6_z-uaiczxl&amp;list=PLHQYIk0gG59RFeQATSO77MBCt_i2J6pE3&amp;index=10</a>
	4	Rounders	Inner fielding positions and apply these in a game	To be able to bowl to the backstop. The backstop to throw the ball accurately to first and second post.	Bowling: <a href="https://www.youtube.com/watch?v=MH99kmx9iYI">https://www.youtube.com/watch?v=MH99kmx9iYI</a> <a href="https://www.youtube.com/watch?v=q0Xm96ptGtw">https://www.youtube.com/watch?v=q0Xm96ptGtw</a> No Balls <a href="https://www.youtube.com/watch?v=Kuw9iUdQDbQ&amp;list=PLHQYIk0gG59RFeQATSO77MBCt_i2J6pE3&amp;index=11">https://www.youtube.com/watch?v=Kuw9iUdQDbQ&amp;list=PLHQYIk0gG59RFeQATSO77MBCt_i2J6pE3&amp;index=11</a>
	5	Rounders	Game Play	To perform previously learnt skills and understand how to apply these skills and rules in full game situations.	Rounders rules <a href="https://www.youtube.com/watch?v=f5Lxiy9_L9Q">https://www.youtube.com/watch?v=f5Lxiy9_L9Q</a> <a href="https://www.youtube.com/watch?v=rUeK1mCSDw8&amp;list=PLHQYIk0gG59RFeQATSO77MBCt_i2J6pE3&amp;index=14">https://www.youtube.com/watch?v=rUeK1mCSDw8&amp;list=PLHQYIk0gG59RFeQATSO77MBCt_i2J6pE3&amp;index=14</a> <a href="https://www.youtube.com/watch?v=Fbmy2BlbsW8&amp;list=PLHQYIk0gG59RFeQATSO77MBCt_i2J6pE3&amp;index=16">https://www.youtube.com/watch?v=Fbmy2BlbsW8&amp;list=PLHQYIk0gG59RFeQATSO77MBCt_i2J6pE3&amp;index=16</a> <a href="https://www.youtube.com/watch?v=weXIkCTcZZo&amp;list=PLHQYIk0gG59RFeQATSO77MBCt_i2J6pE3&amp;index=19">https://www.youtube.com/watch?v=weXIkCTcZZo&amp;list=PLHQYIk0gG59RFeQATSO77MBCt_i2J6pE3&amp;index=19</a> Players out <a href="https://www.youtube.com/watch?v=hIXpBksE4MA">https://www.youtube.com/watch?v=hIXpBksE4MA</a> Rounders games

					<a href="https://www.youtube.com/watch?v=f5Lxiy9_L9Q">https://www.youtube.com/watch?v=f5Lxiy9_L9Q</a> <a href="https://www.youtube.com/watch?v=EGcimxQM0v0">https://www.youtube.com/watch?v=EGcimxQM0v0</a>
	6	Rounders	Assessment	Demonstrate all skills learnt in drills and a full court game in a competitive situation.	