





# ST JAMES'

CATHOLIC HIGH SCHOOL

<p>small sided games (touch/ full contact).</p> <p>Fitness: Baseline fitness test, Introduction to different methods of training Circuit training Continuous and interval</p>	<p>Engage in competitive games and sport.</p> <p>Dance: To perform the main dance actions, develop a motif, space, relationships, dynamics, perform in front of peers</p>	<p>Self / peer assessment, Develop confidence and interest in sports and activities for out of school.</p> <p>Engage in competitive games and sport.</p>	<p>games, full games. Engage in competitive games and sport.</p>	<p><u>weave, dribbling skills and ball handling skills, lay-up, shooting games, conditioned games, small sided games. Engage in competitive games and sport.</u></p>				
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