



ST JAMES'

CATHOLIC HIGH SCHOOL

<p>focusing on passing, movement and control. Engage in competitive games and sport.</p> <p>Badminton: Grip of the racquet, Backhand low serve, basic overhead shot to maintain a rally, high serve, drop shot, conditioned games, half court games.</p> <p>Cardiovascular fitness test: 6 min run.</p>	<p>and rules, conditioned games, full games. Engage in competitive games and sport.</p>	<p>Understand what makes a performance effective, 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>lay-up, shooting games, conditioned games, small sided games. Engage in competitive games and sport.</p> <p>HT 1 re-visit</p> <p>Football: Retaining possession as an individual and as a team, box drills, playing under pressure, small sided goals game, and conditioned games. Develop technique and improve performance. Engage in competitive games and sport.</p>					
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