



ST JAMES'

CATHOLIC HIGH SCHOOL

<p>conditioned game, 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>focusing on passing, movement and control. Engage in competitive games and sport.</p> <p>Fitness: Baseline fitness test, Introduction to different methods of training Circuit training Continuous and interval</p>	<p>Self / peer assessment, Develop confidence and interest in sports and activities for out of school. Engage in competitive games and sport.</p>	<p>Backhand push shot, basic serve technique and rules, conditioned games, full games. Engage in competitive games and sport.</p>	<p>Basic passing techniques, 3 man weave, dribbling skills and ball handling skills, lay-up, shooting games, conditioned games, small sided games. Engage in competitive games and sport.</p>				
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