**Planning Method 3: Grade Activities with Progressions / Extension / Variation**

The following template example has been done in Word format so you can delete the example given and replace with what would be relevant or suitable for your School. You might also need to give some consideration to where the activities might take place eg: oval, gym, netball court etc

With this method, Grades focus on one activity for the week (or fortnight) and each day use extensions, variations or progressions of that focus.

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| WEEK 1 | FOCUS | MON | TUE | WED | THUR | FRI |
| 3 | SKIPPING | Fwd rebound x 50Fwd running x lapCriss Cross? | SkierScissorsBackward x 50 | Double UnderCircle skippingBell skipping | Pairs and Partner Work | Long Rope Fun |
| 4 | RELAYS | Shuttle | Shuttle Cone | ConeContinuous | ContinuousTunnel Ball | Tunnel Balland variations |
| 5 | SOCCER | Skills with partners - trapping - kicking - dribbling | Dribble relays in teams | Keepings Off – Boys vs Girls | Obstacle course,Goal shots drill | Game – Even Teams |
| 6 | COOPERATIONGAMES? |  |  |  |  |  |