**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 50  Fwd running x lap  Criss Cross? | Skier  Scissors  Backward x 50 | Double Under  Circle skipping  Bell skipping | Pairs and Partner Work | Long Rope Fun |
| 4 | RELAYS | Shuttle | Shuttle  Cone | Cone  Continuous | Continuous  Tunnel Ball | Tunnel Ball  and 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 | COOPERATION  GAMES? |  |  |  |  |  |