

Year 10 PE

Learning Programme 4

<p>The LORIC skill focus for this LP is: INITIATIVE.</p> <p>The Moral Virtues focus for this LP are: INTEGRITY and GRATITUDE.</p> <p>Integrity - Having strong moral principles.</p> <p>Gratitude - Feeling and expressing thanks.</p> <p>What will I be learning about in this Learning Programme? How to work in a team, organise and compete in a team and become a life long exerciser.</p> <p>Where have I seen this learning before? I can build on my knowledge from my PE lessons in lower school to begin to master each sport.</p> <p>What could I use it for? I can use it to join a local sports club with confidence, boost my mental health and to become a life long exerciser.</p>	<p>Literacy:</p> <ul style="list-style-type: none"> • Capital letters must be used at the start of sentences and for the first letter of proper nouns • Full stops must be used at the end of a sentence • Question marks must be used at the end of a question • Apostrophes should only be used for possession or omission • Days of the week and months must be spelled correctly • Key words must be spelled correctly
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In LP4.1, I will know:	04/03/24 - (WK 1)	Key Vocabulary	Homework
<ul style="list-style-type: none"> • How to lead a three stage warm up for a small group of my class. • How to execute accurate passing techniques within game situations. 		Pulse raiser	Reflect on your strengths and weaknesses this week. Make a plan of how to address this.
In LP4.2, I will know:	11/03/24 - (WK 2)	Key Vocabulary	Homework
<ul style="list-style-type: none"> • How to maintain possession during games. • How to find space during games. 		Possession	Reflect on your strengths and weaknesses this week. Make a plan of how to address this.
In LP4.3, I will know:	18/03/24 - (WK 1)	Key Vocabulary	Homework
<ul style="list-style-type: none"> • How to put pressure on an attack during games. • Different ways to defend in games. <p>Extended Task.</p>		Pressure	Reflect on your strengths and weaknesses this week. Make a plan of how to address this.
In LP4.4, I will know:	25/03/24 - (WK 2)	Key Vocabulary	Homework
<ul style="list-style-type: none"> • How to organise the positions of my team. • How to alter formations of my team during games. 		Formations	Reflect on your strengths and weaknesses this week. Make a plan of how to address this.
In LP4.5, I will know:	15/04/24 - (WK 1)	Key Vocabulary	Homework
<ul style="list-style-type: none"> • How to score with consistency during games. • How to support in attack during games. 		Overload	Reflect on your strengths and weaknesses this week. Make a plan of how to address this.
In LP4.6, I will know:	22/04/24 - (WK 2)	Key Vocabulary	Homework
<ul style="list-style-type: none"> • How to beat opponents in games. • How to create space for other players on my team. <p>Extended Task.</p>		Take-on	Reflect on your strengths and weaknesses this week. Make a plan of how to address this.
In LP4.7, I will know:	29/04/24 - (WK 1)	Key Vocabulary	Homework
<ul style="list-style-type: none"> • How to organise a tournament between teams in my lesson. • How to motivate my team and communicate during games. 		Performance	Reflect on your strengths and weaknesses this week. Make a plan of how to address this.
In LP4.8, I will know:	06/05/24 - (WK 2)	Key Vocabulary	Homework
<ul style="list-style-type: none"> • How to use my skills in competitive fixtures during competition week. 		Fixtures	Reflect on your strengths and weaknesses this week. Make a plan of how to address this.

PRT Task 1

PRT Task 2

<p>Resources to support learning:</p> <p>YouTube for specific skills and my knowledge from KS3 PE</p>
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<p>FFET Award Challenge for this Learning Programme:</p> <p>Organise a tournament in your PE lesson.</p>

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Learning Programme 4

<p>The LORIC skill focus for this LP is: INITIATIVE.</p> <p>The Moral Virtues focus for this LP are: INTEGRITY and GRATITUDE.</p> <p>Integrity - Having strong moral principles.</p> <p>Gratitude - Feeling and expressing thanks.</p> <p>What will I be learning about in this Learning Programme? How to improve my fitness and the use of different types of exercise to do this.</p> <p>Where have I seen this learning before? I can build on my knowledge from my PE lessons in Key Stage 3 to begin to master approaches to fitness.</p> <p>What could I use it for? I can use it to join a local sports club with confidence, boost my mental health and to become a life long exerciser.</p>	<p>Literacy:</p> <ul style="list-style-type: none"> • Capital letters must be used at the start of sentences and for the first letter of proper nouns • Full stops must be used at the end of a sentence • Question marks must be used at the end of a question • Apostrophes should only be used for possession or omission • Days of the week and months must be spelled correctly • Key words must be spelled correctly
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<p>In LP4.1, I will know: 04/03/24 - (WK 1)</p> <ul style="list-style-type: none"> • How to lead a three stage warm up for a small group of my class. • How to raise my heart rate and keep it elevated for a prolonged period. 	<p>Key Vocabulary</p> <p>Elevated</p>	<p>Homework</p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
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<p>In LP4.2, I will know: 11/03/24 - (WK 2)</p> <ul style="list-style-type: none"> • How to split my workout up through intervals or work and rest and the reason for this. • The optimum work: rest ratio for my goals. 	<p>Key Vocabulary</p> <p>Work: rest ratio</p>	<p>Homework</p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
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<p>In LP4.3, I will know: 18/03/24 - (WK 1)</p> <ul style="list-style-type: none"> • How to use all the equipment in the fitness suite with confidence. • What reps and sets are so I can plan an effective workout. <p>Extended Task.</p>	<p>Key Vocabulary</p> <p>Overload training</p>	<p>Homework</p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
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<p>In LP4.4, I will know: 25/03/24 - (WK 2)</p> <ul style="list-style-type: none"> • How to improve my cardiovascular fitness. • The benefits of improving my cardiovascular fitness. 	<p>Key Vocabulary</p> <p>Adaptations</p>	<p>Homework</p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
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<p>In LP4.5, I will know: 15/04/24 - (WK 1)</p> <ul style="list-style-type: none"> • How to train for hypertrophy. • The benefits of training for hypertrophy. 	<p>Key Vocabulary</p> <p>Muscle growth</p>	<p>Homework</p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
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<p>In LP4.6, I will know: 22/04/24 - (WK 2)</p> <ul style="list-style-type: none"> • How to train for muscular endurance. • The benefits of training for muscular endurance. <p>Extended Task.</p>	<p>Key Vocabulary</p> <p>Lactic acid</p>	<p>Homework</p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
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<p>In LP4.7, I will know: 29/04/24 - (WK 1)</p> <ul style="list-style-type: none"> • How to train for muscular strength. • The benefits of training for muscular strength. 	<p>Key Vocabulary</p> <p>Measurable</p>	<p>Homework</p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
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<p>In LP4.8, I will know: 06/05/24 - (WK 2)</p> <ul style="list-style-type: none"> • How to plan and take part in my own full body work out. 	<p>Key Vocabulary</p> <p>Full body work out</p>	<p>Homework</p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
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<p>Resources to support learning:</p> <p>YouTube for specific exercises and my knowledge from KS3 PE</p>		
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<p>FFET Award Challenge for this Learning Programme:</p> <p>Organise a tournament in your PE lesson.</p>		
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