



Year 10 PE

Learning Programme 4

Learning Programme 4		
The LORIC skill focus for his LP is: INITIATIVE.	Literacy:	
The Moral Virtues focus for this LP are: INTEGRITY and GRATITUDE.	· · · · · · · · · · · · · · · · · · ·	letters must be used at the star ces and for the first letter of
Integrity - Having strong moral principles.	proper no	
Gratitude - Feeling and expressing thanks.		ps must be used at the end of a
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.	sentence	
now to work in a team, diganise and compete in a team and become a melong exerciser.	Question end of a common service and of a com	on marks must be used at the
		ophes should only be used for
		n or omission
Where have I seen this learning before?		f the week and months must be
I can build on my knowledge from my PE lessons in lower school to begin to master each sport.	spelled co	
	• Key wo	ords must be spelled correctly
What could I use it for?		
I can use it to join a local sports club with confidence, boost my mental health and to bec <mark>ome a</mark> life long exerciser.		
In LP4.1, I will know: 04/03/24 - (WK 1)	Key Vocabulary Homewo	nrk
How to lead a three stage warm up for a small group of my class.		on your strengths and
How to execute accurate passing techniques within game situations.		ses this week. Make a plan of
	Pulse raiser how to a	ddress this.
11 104 2 Lucill Iranus	Kar Wasabulan Harran	t.
In LP4.2, I will know: 11/03/24 - (WK 2) • How to maintain possession during games.	Key Vocabulary Homewo	on your strengths and
How to find space during games.		sses this week. Make a plan of
		nddress this.
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In LP4.3, I will know: • How to put pressure on an attack during games.	Key Vocabulary Homewo	on your strengths and
Different ways to defend in games.		ses this week. Make a plan of
Sincicia naja ta delena ni gamesi		address this.
Extended Task.		
In LP4.4, I will know: 25/03/24 - (WK 2)	Key Vocabulary Homewo	ork
How to organise the positions of my team.		on your strengths and
How to alter formations of my team during games.		ses this week. Make a plan of address this.
	FORMATIONS NOW to a	iduress triis.
In LP4.5, I will know: 15/04/24 - (WK 1)	Key Vocabulary Homewo	
How to score with consistency during games.		on your strengths and
How to support in attack during games.	weaknes	sses this week. Make a plan of
	Overload how to a	addrace thic
	Overload how to a	address this.
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In LP4.6, I will know: 22/04/24 - (WK 2)	Overload how to a Key Vocabulary Homew	
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Year 10 PE

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