

## Year 7 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><b>What will I be learning about in this Learning Programme?</b> I will be learning the correct technique to perform skills such as passing, dribbling and shooting to outwit an opponent.</p> <p><b>Where have I seen this learning before?</b> I have played invasion games in my primary PE that will have transferable skills to basketball.</p> <p><b>What could I use it for?</b> I could use the skills that I learn to be a competent basketball player at extra curricular clubs, school fixtures or at a local basketball club.</p>	<p><b>Literacy:</b></p> <ul style="list-style-type: none"> <li>• Capital letters must be used at the start of sentences and for the first letter of proper nouns</li> <li>• Full stops must be used at the end of a sentence</li> <li>• Question marks must be used at the end of a question</li> <li>• Apostrophes should only be used for possession or omission</li> <li>• Days of the week and months must be spelled correctly</li> <li>• Key words must be spelled correctly</li> </ul>
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<p><b>In LP4.1, I will know:</b> 04/03/24 - (WK 1)</p> <ul style="list-style-type: none"> <li>• and be able to replicate basic ball handling skills.</li> <li>• and be able to perform these in a small sided game to maintain ball possession.</li> <li>• and develop understanding and knowledge of the basic rules of Basketball.</li> </ul>	<p><b>Key Vocabulary</b></p> <p>Travel</p>	<p><b>Homework</b></p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
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<p><b>In LP4.2, I will know:</b> 11/03/24 - (WK 2)</p> <ul style="list-style-type: none"> <li>• and replicate the core skill of dribbling with control and accuracy.</li> <li>• and be able to perform skills in a small sided game making decisions about how best to advance on opposition.</li> <li>• and develop an understanding of the rule of travelling.</li> </ul>	<p><b>Key Vocabulary</b></p> <p>Double dribble</p>	<p><b>Homework</b></p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
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<p><b>In LP4.3, I will know:</b> 18/03/24 - (WK 1)</p> <ul style="list-style-type: none"> <li>• and be able to replicate passes in a space with changing environment.</li> <li>• and understand the importance of speed of thought and playing into space in order to attack and outwit opponents.</li> </ul> <p>Extended Task.</p>	<p><b>Key Vocabulary</b></p> <p>Set shot</p>	<p><b>Homework</b></p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
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<p><b>In LP4.4, I will know:</b> 25/03/24 - (WK 2)</p> <ul style="list-style-type: none"> <li>• and develop understanding and knowledge of how to execute a successful set shot.</li> <li>• and be able to outwit opponents using learnt skills and techniques.</li> </ul>	<p><b>Key Vocabulary</b></p> <p>Jump shot</p>	<p><b>Homework</b></p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
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<p><b>In LP4.5, I will know:</b> 15/04/24 - (WK 1)</p> <ul style="list-style-type: none"> <li>• and develop understanding and knowledge of how to execute a successful jump shot.</li> <li>• and be able to outwit opponents using learnt skills and techniques.</li> </ul>	<p><b>Key Vocabulary</b></p> <p>Lay up</p>	<p><b>Homework</b></p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
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<p><b>In LP4.6, I will know:</b> 22/04/24 - (WK 2)</p> <ul style="list-style-type: none"> <li>• and develop understanding and knowledge of how to execute a successful lay up shot.</li> <li>• and be able to outwit opponents using learnt skills and techniques.</li> </ul> <p>Extended Task.</p>	<p><b>Key Vocabulary</b></p> <p>Backboard</p>	<p><b>Homework</b></p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
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<p><b>In LP4.7, I will know:</b> 29/04/24 - (WK 1)</p> <ul style="list-style-type: none"> <li>• the basic rules of defending in basketball and a good body position to be in.</li> <li>• and demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.</li> </ul>	<p><b>Key Vocabulary</b></p> <p>Dunk</p>	<p><b>Homework</b></p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
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<p><b>In LP4.8, I will know:</b> 06/05/24 - (WK 2)</p> <ul style="list-style-type: none"> <li>• and demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.</li> </ul>	<p><b>Key Vocabulary</b></p> <p>Key</p>	<p><b>Homework</b></p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
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<p><b>Resources to support learning:</b></p> <p><a href="#">YouTube - used to watch techniques to perform specific skills.</a></p>		
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<p><b>FFET Award Challenge for this Learning Programme:</b></p> <p>Lead a warm up activity at an extra curricular club.</p>		
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<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><b>What will I be learning about in this Learning Programme?</b> I will learn how to use gym equipment safely, how to design my own work outs and different kinds of fitness training.</p> <p><b>Where have I seen this learning before?</b> I will have seen different types of fitness training within my other PE lessons and from my primary PE education.</p> <p><b>What could I use it for?</b> I can use this knowledge to become an exerciser for life. To improve my fitness and strength for other sports within PE and outside school.</p>		<p><b>Literacy:</b></p> <ul style="list-style-type: none"> <li>• Capital letters must be used at the start of sentences and for the first letter of proper nouns</li> <li>• Full stops must be used at the end of a sentence</li> <li>• Question marks must be used at the end of a question</li> <li>• Apostrophes should only be used for possession or omission</li> <li>• Days of the week and months must be spelled correctly</li> <li>• Key words must be spelled correctly</li> </ul>
<p><b>In LP4.1, I will know:</b></p> <ul style="list-style-type: none"> <li>• How to safely use all equipment in the fitness suite.</li> <li>• The correct way to begin and end a work out with a warm up and a cool down.</li> </ul>	<p>04/03/24 - (WK 1)</p> <p><b>Key Vocabulary</b></p> <p>Equipment</p>	<p><b>Homework</b></p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
<p><b>In LP4.2, I will know:</b></p> <ul style="list-style-type: none"> <li>• What repetitions and sets are, and how to use them from a workout programme.</li> <li>• How to target muscular strength in the gym through a range of movements.</li> </ul>	<p>11/03/24 - (WK 2)</p> <p><b>Key Vocabulary</b></p> <p>Sets</p>	<p><b>Homework</b></p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
<p><b>In LP4.3, I will know:</b></p> <ul style="list-style-type: none"> <li>• How to workout with a partner using work: rest ratios.</li> <li>• How to support my partner while using the gym equipment.</li> </ul> <p>Extended Task.</p>	<p>18/03/24 - (WK 1)</p> <p><b>Key Vocabulary</b></p> <p>Rest period</p>	<p><b>Homework</b></p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
<p><b>In LP4.4, I will know:</b></p> <ul style="list-style-type: none"> <li>• How to improve cardiovascular fitness in the gym using the appropriate equipment and workout plan.</li> <li>• How to measure cardiovascular fitness.</li> </ul>	<p>25/03/24 - (WK 2)</p> <p><b>Key Vocabulary</b></p> <p>Fitness</p>	<p><b>Homework</b></p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
<p><b>In LP4.5, I will know:</b></p> <ul style="list-style-type: none"> <li>• What circuit training is and be able to take part in a circuit training session.</li> </ul>	<p>15/04/24 - (WK 1)</p> <p><b>Key Vocabulary</b></p> <p>Circuit training</p>	<p><b>Homework</b></p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
<p><b>In LP4.6, I will know:</b></p> <ul style="list-style-type: none"> <li>• What interval training is and be able to take part in an interval training session.</li> </ul> <p>Extended Task.</p>	<p>22/04/24 - (WK 2)</p> <p><b>Key Vocabulary</b></p> <p>Interval</p>	<p><b>Homework</b></p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
<p><b>In LP4.7, I will know:</b></p> <ul style="list-style-type: none"> <li>• How to design my own training plan.</li> <li>• How to take part in my own training plan.</li> </ul>	<p>29/04/24 - (WK 1)</p> <p><b>Key Vocabulary</b></p> <p>Training plan</p>	<p><b>Homework</b></p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
<p><b>In LP4.8, I will know:</b></p> <ul style="list-style-type: none"> <li>• How to complete a circuit training session.</li> </ul>	<p>06/05/24 - (WK 2)</p> <p><b>Key Vocabulary</b></p> <p>Work: rest</p>	<p><b>Homework</b></p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
<p><b>Resources to support learning:</b></p> <p>YouTube for specific exercises and workout ideas.</p>		
<p><b>FFET Award Challenge for this Learning Programme:</b></p> <p>Lead a warm-up at an extra curricular club.</p>		

PRT Task 1

PRT Task 2

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<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><b>Literacy:</b></p> <ul style="list-style-type: none"> <li>• Capital letters must be used at the start of sentences and for the first letter of proper nouns</li> <li>• Full stops must be used at the end of a sentence</li> <li>• Question marks must be used at the end of a question</li> <li>• Apostrophes should only be used for possession or omission</li> <li>• Days of the week and months must be spelled correctly</li> <li>• Key words must be spelled correctly</li> </ul>
<p><b>What will I be learning about in this Learning Programme?</b></p> <p>In this learning programme I will be learning how to successfully perform in individual sports exploring dance and gymnastics.</p>		
<p><b>Where have I seen this learning before?</b></p> <p>I will have prior knowledge of individual sports from key stage 2.</p>		

<p><b>In LP4.1, I will know:</b></p> <ul style="list-style-type: none"> <li>• and understand the meaning of the word aesthetics;</li> <li>• what is meant by choreography and stimulus;</li> <li>• the importance of focus, clarity and timing in a performance.</li> </ul>	<p>04/03/24 - (WK 1)</p>	<p><b>Key Vocabulary</b></p> <p>Aesthetics</p>	<p><b>Homework</b></p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
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<p><b>In LP4.2, I will know:</b></p> <ul style="list-style-type: none"> <li>• The four components of dance/gymnastics, focusing on actions;</li> <li>• the moves involved in performance: jumps, turns, gesture, travel and balance.</li> </ul>	<p>11/03/24 - (WK 2)</p>	<p><b>Key Vocabulary</b></p> <p>Actions</p>	<p><b>Homework</b></p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
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<p><b>In LP4.3, I will know:</b></p> <ul style="list-style-type: none"> <li>• the four components of dance/gymnastics, focusing on space;</li> <li>• where the movement is done, direction and levels.</li> </ul> <p>Extended Task.</p>	<p>18/03/24 - (WK 1)</p>	<p><b>Key Vocabulary</b></p> <p>Space</p>	<p><b>Homework</b></p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
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<p><b>In LP4.4, I will know:</b></p> <ul style="list-style-type: none"> <li>• the four components of dance/gymnastics focusing on dynamics;</li> <li>• how I show a variation of fast/slow and sharp/smooth movements.</li> </ul>	<p>25/03/24 - (WK 2)</p>	<p><b>Key Vocabulary</b></p> <p>Dynamics</p>	<p><b>Homework</b></p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
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<p><b>In LP4.5, I will know:</b></p> <ul style="list-style-type: none"> <li>• the four components of dance/gymnastics focusing on partnership;</li> <li>• how to interact with others using mirroring and formations.</li> </ul>	<p>15/04/24 - (WK 1)</p>	<p><b>Key Vocabulary</b></p> <p>Mirroring</p>	<p><b>Homework</b></p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
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<p><b>In LP4.6, I will know:</b></p> <ul style="list-style-type: none"> <li>• how to use a stimulus and apply the four components of dance/gymnastics;</li> <li>• how to choreograph a set piece in small groups;</li> <li>• how to demonstrate focus, clarity and timing.</li> </ul> <p>Extended Task.</p>	<p>22/04/24 - (WK 2)</p>	<p><b>Key Vocabulary</b></p> <p>Choreograph</p>	<p><b>Homework</b></p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
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<p><b>In LP4.7, I will know:</b></p> <ul style="list-style-type: none"> <li>• how to perform with confidence to my peers;</li> <li>• how to use points of stillness to indicate the ending;</li> <li>• how to identify strengths and weaknesses of a performance.</li> </ul>	<p>29/04/24 - (WK 1)</p>	<p><b>Key Vocabulary</b></p> <p>Review</p>	<p><b>Homework</b></p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
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<p><b>In LP4.8, I will know:</b></p> <ul style="list-style-type: none"> <li>• how to create a full routine to perform using all of the skills I have learnt.</li> </ul>	<p>06/05/24 - (WK 2)</p>	<p><b>Key Vocabulary</b></p> <p>Perform</p>	<p><b>Homework</b></p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
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<p><b>Resources to support learning:</b></p> <p>YouTube for specific skills and tips.</p>
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<p><b>FFET Award Challenge for this Learning Programme:</b></p> <p>Lead a warm-up at an extra curricular club.</p>
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<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><b>What will I be learning about in this Learning Programme?</b> I will be learning the correct technique to perform skills such as fielding, bowling and batting to outwit an opponent.</p> <p><b>Where have I seen this learning before?</b> Learning may have been seen before at key stage 2 level.</p> <p><b>What could I use it for?</b> I could use the skills that I learn to be a competent cricket/rounders/softball player at extra curricular clubs, school fixtures or at a local club.</p>	<p><b>Literacy:</b></p> <ul style="list-style-type: none"> <li>• Capital letters must be used at the start of sentences and for the first letter of proper nouns</li> <li>• Full stops must be used at the end of a sentence</li> <li>• Question marks must be used at the end of a question</li> <li>• Apostrophes should only be used for possession or omission</li> <li>• Days of the week and months must be spelled correctly</li> <li>• Key words must be spelled correctly</li> </ul>
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<p><b>In LP4.1, I will know:</b></p> <ul style="list-style-type: none"> <li>• and understand the basic rules of striking and fielding games.</li> <li>• and become familiar with catching the ball.</li> </ul>	<p>04/03/24 - (WK 1)</p>	<p><b>Key Vocabulary</b></p> <p>Long barrier</p>	<p><b>Homework</b></p> <p>Reflect on your strengths and areas for improvement this week and make a plan of how to address this.</p>
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<p><b>In LP4.2, I will know:</b></p> <ul style="list-style-type: none"> <li>• how to field the ball using the long and short barrier</li> <li>• how to throw accurately using both overarm and underarm.</li> </ul>	<p>11/03/24 - (WK 2)</p>	<p><b>Key Vocabulary</b></p> <p>Short barrier</p>	<p><b>Homework</b></p> <p>Reflect on your strengths and areas for improvement this week and make a plan of how to address this.</p>
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<p><b>In LP4.3, I will know:</b></p> <ul style="list-style-type: none"> <li>• how to grip the bat and stand correctly.</li> <li>• how to play a range of attacking shots such as the drive and pull shot.</li> </ul> <p>Extended Task.</p>	<p>18/03/24 - (WK 1)</p>	<p><b>Key Vocabulary</b></p> <p>No ball</p>	<p><b>Homework</b></p> <p>Reflect on your strengths and areas for improvement this week and make a plan of how to address this.</p>
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<p><b>In LP4.4, I will know:</b></p> <ul style="list-style-type: none"> <li>• how to grip the ball correctly when bowling.</li> <li>• and apply the correct overarm bowling technique with accuracy.</li> </ul>	<p>25/03/24 - (WK 2)</p>	<p><b>Key Vocabulary</b></p> <p>Crease</p>	<p><b>Homework</b></p> <p>Reflect on your strengths and areas for improvement this week and make a plan of how to address this.</p>
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<p><b>In LP4.5, I will know:</b></p> <ul style="list-style-type: none"> <li>• and recap the correct batting stance and grip</li> <li>• how to play a range of defensive shots such as the forward defence shot.</li> </ul>	<p>15/04/24 - (WK 1)</p>	<p><b>Key Vocabulary</b></p> <p>Wide</p>	<p><b>Homework</b></p> <p>Reflect on your strengths and areas for improvement this week and make a plan of how to address this.</p>
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<p><b>In LP4.6, I will know:</b></p> <ul style="list-style-type: none"> <li>• and apply the basic rules of striking and fielding games</li> <li>• and understand the role of the umpire in striking and fielding games.</li> </ul> <p>Extended Task.</p>	<p>22/04/24 - (WK 2)</p>	<p><b>Key Vocabulary</b></p> <p>Free hit</p>	<p><b>Homework</b></p> <p>Reflect on your strengths and areas for improvement this week and make a plan of how to address this.</p>
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<p><b>In LP4.7, I will know:</b></p> <ul style="list-style-type: none"> <li>• and understand the fielding positions in different striking and fielding games and how they are used both in both defence and attack.</li> </ul>	<p>29/04/24 - (WK 1)</p>	<p><b>Key Vocabulary</b></p> <p>Duck</p>	<p><b>Homework</b></p> <p>Reflect on your strengths and areas for improvement this week and make a plan of how to address this.</p>
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<p><b>In LP4.8, I will know:</b></p> <ul style="list-style-type: none"> <li>• and apply what I have learnt into a competitive game.</li> </ul>	<p>06/05/24 - (WK 2)</p>	<p><b>Key Vocabulary</b></p> <p>3rd Umpire</p>	<p><b>Homework</b></p> <p>Reflect on your strengths and areas for improvement this week and make a plan of how to address this.</p>
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<p><b>Resources to support learning:</b></p> <p>YouTube - used to watch techniques to perform specific skills</p>			
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<p><b>FFET Award Challenge for this Learning Programme:</b></p> <p>Show evidence of your involvement in sport outside school.</p>			
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<p><b>In LP4.1, I will know:</b></p> <ul style="list-style-type: none"> <li>• what hand eye coordination is.</li> <li>• the different parts of a racket.</li> <li>• how to hold a racket.</li> </ul>	<p>04/03/24 - (WK 1)</p> <p><b>Key Vocabulary</b></p> <p>Hand Eye Coordination</p>	<p><b>Homework</b></p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
<p><b>In LP4.2, I will know:</b></p> <ul style="list-style-type: none"> <li>• how to keep a rally with a partner.</li> </ul>	<p>11/03/24 - (WK 2)</p> <p><b>Key Vocabulary</b></p> <p>Rally</p>	<p><b>Homework</b></p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
<p><b>In LP4.3, I will know:</b></p> <ul style="list-style-type: none"> <li>• how to do a short serve.</li> <li>• how a short serve can outwit my opponent.</li> </ul> <p>Extended Task.</p>	<p>18/03/24 - (WK 1)</p> <p><b>Key Vocabulary</b></p> <p>Short Serve</p>	<p><b>Homework</b></p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
<p><b>In LP4.4, I will know:</b></p> <ul style="list-style-type: none"> <li>• how to do a long serve.</li> <li>• how a long serve can outwit my opponent.</li> <li>• how to use both short and long serves to start a rally.</li> </ul>	<p>25/03/24 - (WK 2)</p> <p><b>Key Vocabulary</b></p> <p>Long Serve</p>	<p><b>Homework</b></p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
<p><b>In LP4.5, I will know:</b></p> <ul style="list-style-type: none"> <li>• how to do an overhead clear.</li> <li>• how an overhead clear can be used to outwit my opponent.</li> <li>• when to use an overhead clear in a competitive game.</li> </ul>	<p>15/04/24 - (WK 1)</p> <p><b>Key Vocabulary</b></p> <p>Overhead Clear</p>	<p><b>Homework</b></p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
<p><b>In LP4.6, I will know:</b></p> <ul style="list-style-type: none"> <li>• how to use a variety of different skills learnt in badminton to outwit opponents.</li> <li>• when to hit long, when to hit drop shots.</li> </ul> <p>Extended Task.</p>	<p>22/04/24 - (WK 2)</p> <p><b>Key Vocabulary</b></p> <p>Outwit</p>	<p><b>Homework</b></p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
<p><b>In LP4.7, I will know:</b></p> <ul style="list-style-type: none"> <li>• how to use the badminton court lines and how to score a game.</li> <li>• the rules on serving and receiving changes during a game.</li> </ul>	<p>29/04/24 - (WK 1)</p> <p><b>Key Vocabulary</b></p> <p>Court</p>	<p><b>Homework</b></p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
<p><b>In LP4.8, I will know:</b></p> <ul style="list-style-type: none"> <li>• how to apply the skills learned into a full competitive game.</li> <li>• what strategies to use to outwit my opponent in a competitive game.</li> </ul>	<p>06/05/24 - (WK 2)</p> <p><b>Key Vocabulary</b></p> <p>Strategies</p>	<p><b>Homework</b></p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
<p><b>Resources to support learning:</b></p> <p><a href="#">YouTube for specific skills and tips</a></p>		
<p><b>FFET Award Challenge for this Learning Programme:</b></p> <p>Lead a warm-up activity at an extra curricular club.</p>		

PRT Task 1

PRT Task 2