



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.		Capital letters must be used at the sta
ntegrity - Having strong moral principles.		of sentences and for the first letter of
Gratitude - Feeling and expressing thanks.		 proper nouns Full stops must be used at the end of
What will I be learning about in this Learning Programme?		sentence
what will be learning about in this Learning Programme? will be recapping and advancing the correct technique to perform skills such as passing, dribbling and shooting to outwit an opponent.		 Question marks must be used at the end of a question Apostrophes should only be used for
Where have I seen this learning before? earning may have been seen before during year 7 basketball lessons		possession or omission Days of the week and months must be spelled correctly Key words must be spelled correctly
What could I use it for? could use the skills that I learn to be a competent basketball player at extra curricular clubs, school fixtures or at a local football club	ı.	
n LP4.1, I will know: 04/03/24 - (WK 1)	Key Vocabulary	Homework
eand be able to perform passing and receiving techniques and use to outwit opposition. Pand be able to perform these in a small sided game with success. Pand use dribbling technique correctly and understand what constitutes a double dribble and traveling.	Chest pass	Reflect on your strengths and weaknesses this week. Make a plan of how to address this.
2 DA 2 Tuill beaut	Warran I I	The second secon
n LP4.2, I will know: and develop an understanding about attacking principles related to basketball. thow to perform and accurately replicate a range of dribbling skills to outwit opponents. and demonstrate a developed understanding of basketball rules.	Key Vocabulary Rebound	Reflect on your strengths and weaknesses this week. Make a plan of how to address this.
n LP4.3, I will know: 18/03/24 - (WK 1)	Key Vocabulary	Homework
and be able to replicate defending skills in a small sided game making decisions about how best to stop opposition. And develop an understanding about rebounding and accurately replicate. And develop knowledge of basketball rules (i.e. Contact)	Contact	Reflect on your strengths and weaknesses this week. Make a plan of how to address this.
Extended Task.		
n LP4.4, I will know: 25/03/24 - (WK 2)	Key Vocabulary	Homework
the benefits of types of shots. and develop understanding and knowledge of how to execute a successful set shot.	Jump shot	Reflect on your strengths and weaknesses this week. Make a plan of how to address this.
n LP4.5, I will know: 15/04/24 - (WK 1)	Key Vocabulary	Homework
the benefits of types of shots. Found develop understanding and knowledge of how to execute a successful jump shot.	Free throw	Reflect on your strengths and weaknesses this week. Make a plan of how to address this.
n LP4.6, I will know: 22/04/24 - (WK 2)	Key Vocabulary	Homework
the best way to defend different types of shots. and develop understanding and knowledge of how block shots and rebound shots wi <mark>thin the rule</mark> s of the game.	Man to man	Reflect on your strengths and weaknesses this week. Make a plan of how to address this.
Extended Task.		
n LP4.7, I will know: 29/04/24 - (WK 1)	Key Vocabulary	Homework
and demonstrate the ability to outwit an opponent in a game situation using the appro <mark>priate skill</mark> s and techniques.	Full court press	Reflect on your strengths and weaknesses this week. Make a plan of how to address this.
n LP4.8, I will know: 06/05/24 - (WK 2)	Key Vocabulary	Homework
and demonstrate the ability to outwit an opponent in a game situation using the approp <mark>riate s</mark> kills and techniques.	Zonal	Reflect on your strengths and weaknesses this week. Make a plan of how to address this.
tesources to support learning:		
ouTube - used to watch techniques to perform specific skills		
FET Award Challenge for this Learning Programme:		
ead an activity at an extra curricular club.		





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How to train independently using the fitness equipment. LPE2, (will know: LPE2, (will k	n LP4.1, I will know: 04/03/24 - (WK 1)	Key Vocabulary	Homework
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IPPLE, I will know: 11/33/24-[WK.2] Ney Vocabulary Reflect on your strengths and weaknesses this week. Make a plan of how to address this. Pettrails IPPLE, I will know: 18/33/24-[WK.1] Pettrails Repettion Repett	How to train independently using the fitness equipment.		weaknesses this week. Make a plan of
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	How to design my own HilT session. 15/04/24 - (WK 1) How to complete a muscular endurance session and tailor the exercises to target certain body parts. How to design my own muscular endurance session. 11/24.6, I will know: 12/04/24 - (WK 2) How to complete a cardiovascular endurance session using a variety of exercises/machinery. How to design my own cardiovascular endurance session. 11/24.7, I will know: 12/04/24 - (WK 1) How to write my own workout programme using reps, sets, rest periods. How to target specific areas of weakness for myself. 11/24.8, I will know: 11/24.8, I will know: 11/24.8, I will know: 11/24.8, I will know: 12/05/24 - (WK 2) 13/25/24 - (WK 2) 14/26.6 I will know: 15/04/24 - (WK 2) 16/05/24 - (WK 2) 17/25/24 - (WK 2) 18/26.7 I will know: 18/26.7 I will know:	Intensity Key Vocabulary Lactic acid Key Vocabulary Cardio Key Vocabulary Workout programme	Reflect on your strengths and weaknesses this week. Make a plan or how to address this. Homework Reflect on your strengths and weaknesses this week. Make a plan or how to address this. Homework Reflect on your strengths and weaknesses this week. Make a plan or how to address this. Homework Reflect on your strengths and weaknesses this week. Make a plan or how to address this. Homework Reflect on your strengths and weaknesses this week. Make a plan or how to address this.





ne LORIC skill focus for his LP is: INITIATIVE.		Literacy:			
The Moral Virtues focus for this LP are: INTEGRITY and GRATITUDE. Integrity - Having strong moral principles. Gratitude - Feeling and expressing thanks.		 Capital letters must be used at the star of sentences and for the first letter of proper nouns Full stops must be used at the end of a 			
			hat will I be learning about in this Learning Programme? this learning programme I will be learning how to successfully perform in individual sports exploring dance and gymnastics.		sentence
			this learning programme i will be learning now to successfully perform in mulvidual sports exploring dance and gymnastics.		 Question marks must be used at the end of a question
		Apostrophes should only be used for			
		possession or omission			
here have I seen this learning before? vill have prior knowledge of individual sports from year 7.		Days of the week and months must l			
nii nave proi kilowieuge oi iliulviuuai sports rioiri year 7.		spelled correctlyKey words must be spelled correctly			
		,			
hat could I use it for? ould participate in extra curricular opportunities or join clubs outside of school.					
out participate in extra curricular opportunities or join cloud outside or school.					
24(2) (24)					
LP4.1, I will know: 04/03/24 - (WK 1) and recall the four components of dance/gymnastics;	Key Vocabulary	Homework Reflect on your strengths and			
what a motif is;		weaknesses this week. Make a plan of			
how to use a motif to respond to a stimulus.	Motif	how to address this.			
100.2 Levill Investor					
LP4.2, I will know: 11/03/24 - (WK 2) the important elements of time, beat, tempo, rhythm, duration and accent.	Key Vocabulary	Homework Reflect on your strengths and			
in important elements of time, seat, empo, mytim, duration and decent.		weaknesses this week. Make a plan or			
	Time	how to address this.			
LP4.3, I will know: 18/03/24 - (WK 1)	Key Vocabulary	Homework			
now to experiment with canon, unison, action and reaction movements.	Rey Vocabulary	Reflect on your strengths and			
		weaknesses this week. Make a plan o			
	Canon	how to address this.			
tended Task. LP4.4, I will know: 25/03/24 - (WK 2)	Vou Vosahulanu	Homework			
£F 4.4, I WIII KIIOW.					
now to experiment with different space using air pathways, floor pathways, open and closed pathways.	Key Vocabulary				
how to experiment with different space using air pathways, floor pathways, open and closed pathways.	key Vocabulary	Reflect on your strengths and			
now to experiment with different space using air pathways, floor pathways, open and closed pathways.	Pathways	Reflect on your strengths and			
now to experiment with different space using air pathways, floor pathways, open and closed pathways.		Reflect on your strengths and weaknesses this week. Make a plan of			
how to experiment with different space using air pathways, floor pathways, open and closed pathways. LP4.5, I will know: 15/04/24 - (WK 1)	Pathways	Reflect on your strengths and weaknesses this week. Make a plan of			
		Reflect on your strengths and weaknesses this week. Make a plan of how to address this.			
LP4.5, I will know: 15/04/24 - (WK 1)	Pathways Key Vocabulary	Reflect on your strengths and weaknesses this week. Make a plan of how to address this. Homework Reflect on your strengths and weaknesses this week. Make a plan of weaknesses this week. Make a plan of			
LP4.5, I will know: 15/04/24 - (WK 1)	Pathways	Reflect on your strengths and weaknesses this week. Make a plan of how to address this. Homework			
LP4.5, I will know: 15/04/24 - (WK 1)	Pathways Key Vocabulary	Reflect on your strengths and weaknesses this week. Make a plan or how to address this. Homework Reflect on your strengths and weaknesses this week. Make a plan or			
LP4.5, I will know: 15/04/24 - (WK 1)	Pathways Key Vocabulary Movements	Reflect on your strengths and weaknesses this week. Make a plan or how to address this. Homework Reflect on your strengths and weaknesses this week. Make a plan or			
LP4.5, I will know: 15/04/24 - (WK 1) now to experiment with different strong/light, direct/indirect, flowing/abrupt movement in small groups/duets.	Pathways Key Vocabulary	Reflect on your strengths and weaknesses this week. Make a plan o how to address this. Homework Reflect on your strengths and weaknesses this week. Make a plan o how to address this.			
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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.		 Capital letters must be used at the start of sentences and for the first letter of
Integrity - Having strong moral principles.		proper nouns
Gratitude - Feeling and expressing thanks.	Full stops must be used at the end of a	
What will I be learning about in this Learning Programme? I will be learning the correct technique to perform skills such as fielding, bowling and batting to outwit an opponent.		entence Question marks must be used at the
,		end of a question
		Apostrophes should only be used for
Where have I see this leaving before?		possession or omission
Where have I seen this learning before? Learning may have been seen before at key stage 2 level.		 Days of the week and months must be spelled correctly
		Key words must be spelled correctly
What could I use it for?		
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 of	club.	
In LP4.1, I will know: 04/03/24 - (WK 1)	Key Vocabulary	Homework
and recap the basic rules of different striking and fielding games.	ne, roundin,	Reflect on your strengths and areas for
and recap a range of ground fielding techniques such as the short and long barrier.		improvement this week and make a plan
	Duckworth Lewis	of how to address this.
In LP4.2, I will know: 11/03/24 - (WK 2)	Key Vocabulary	Homework
and recap how to throw the ball accurately both overarm and underarm.		Reflect on your strengths and areas for
the fielding positions in different types of striking and fielding games.	No ball	improvement this week and make a plan of how to address this.
	NO ban	or now to dudress this.
In LP4.3, I will know: 18/03/24 - (WK 1)	Key Vocabulary	Homework
 recap and model the correct batting stance and grip. how to use placement as a strategy to outwit and opponent when batting. 		Reflect on your strengths and areas for improvement this week and make a plan
non to use placement as a state by to out it and appoint it men saturity.	Wide	of how to address this.
Extended Task.		
In LP4.4, I will know: 25/03/24 - (WK 2) • recap and model the correct overarm bowling technique.	Key Vocabulary	Homework Reflect on your strengths and areas for
Tecap and moder the correct overarm bowing technique.		
the rules around bowling including a no ball, wide.		improvement this week and make a plan
the rules around bowling including a no ball, wide.	One short	
the rules around bowling including a no ball, wide.	One short	improvement this week and make a plan
		improvement this week and make a plan of how to address this.
• the rules around bowling including a no ball, wide. In LP4.5, I will know: 15/04/24 - (WK 1) • recap and model a range of different attacking and defensive shots.	One short Key Vocabulary	improvement this week and make a plan
In LP4.5, I will know: 15/04/24 - (WK 1)	Key Vocabulary	improvement this week and make a plan of how to address this. Homework Reflect on your strengths and areas for improvement this week and make a plan
In LP4.5, I will know: 15/04/24 - (WK 1) • recap and model a range of different attacking and defensive shots.		improvement this week and make a plan of how to address this. Homework Reflect on your strengths and areas for
In LP4.5, I will know: 15/04/24 - (WK 1) • recap and model a range of different attacking and defensive shots.	Key Vocabulary	improvement this week and make a plan of how to address this. Homework Reflect on your strengths and areas for improvement this week and make a plan
In LP4.5, I will know: 15/04/24 - (WK 1) • recap and model a range of different attacking and defensive shots.	Key Vocabulary	improvement this week and make a plan of how to address this. Homework Reflect on your strengths and areas for improvement this week and make a plan
In LP4.5, I will know: •recap and model a range of different attacking and defensive shots. •the correct calls used in a game when batting such as yes, no, wait. In LP4.6, I will know: • and practice being the role of a wicket keeper.	Key Vocabulary Four	improvement this week and make a plan of how to address this. Homework Reflect on your strengths and areas for improvement this week and make a plan of how to address this. Homework Reflect on your strengths and areas for
In LP4.5, I will know: 15/04/24 - (WK 1) •recap and model a range of different attacking and defensive shots. •the correct calls used in a game when batting such as yes, no, wait. In LP4.6, I will know: 22/04/24 - (WK 2)	Four Key Vocabulary	improvement this week and make a plan of how to address this. Homework Reflect on your strengths and areas for improvement this week and make a plan of how to address this. Homework Reflect on your strengths and areas for improvement this week and make a plan
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Learning Programme 4

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The LORIC skill focus for his LP is: INITIATIVE.		Literacy:
The Moral Virtues focus for this LP are: INTEGRITY and GRATITUDE.		 Capital letters must be used at the start of sentences and for the first letter of
Integrity - Having strong moral principles. Gratitude - Feeling and expressing thanks.		proper nouns
What will I be learning about in this Learning Programme?		Full stops must be used at the end of a
I will learn more about the rules of badminton to add to my knowledge from year 7, how to place a variety of shots to outwit opponent:	S.	 Question marks must be used at the
		end of a question
		Apostrophes should only be used for
Where have I seen this learning before?		possession or omission • Days of the week and months must be
I have seen the basics of badminton in year 7 during PE and I will be able to use my knowledge from other net and wall games.		spelled correctly
		Key words must be spelled correctly
What could I use it for?		
I could use it to represent the school in a fixture, or to join a local badminton club with confidence. I can also use many of the skills to a wall games.	pply in other net and	
wan games.		
In LP4.1, I will know: 04/03/24 - (WK 1)	Key Vocabulary	Homework
how to use my rallying skills to play a cooperative game.		Reflect on your strengths and weaknesses this week. Make a plan of
	Rallying	how to address this.
In LP4.2, I will know: 11/03/24 - (WK 2)	Key Vocabulary	Homework
how netplay can be used in a game.		Reflect on your strengths and
how I can use netplay with other shots to outwit my opponent.		weaknesses this week. Make a plan of
	Netplay	how to address this.
In LP4.3, I will know: 18/03/24 - (WK 1)	Key Vocabulary	Homework
• how to do a drop shot;		Reflect on your strengths and
when a drop shot should be used in a competitive game to outwit my opponent.	Drop Shot	weaknesses this week. Make a plan of how to address this.
	Drop shot	
Extended Task.		
In LP4.4, I will know: 25/03/24 - (WK 2)	Key Vocabulary	Homework
 how to use overhead clear, netplay and dropshots to outwit opponents. how to sequence shots together in order to move my opponent. 		Reflect on your strengths and weaknesses this week. Make a plan of
7.7	Combination	how to address this.
In LP4.5, I will know: 15/04/24 - (WK 1)	Key Vocabulary	Homework
the full rules of a competitive game of both singles and doubles.	ne, roussial,	Reflect on your strengths and
be able to apply them both to a competitive game.	A. 7.	weaknesses this week. Make a plan of
	Service Line	how to address this.
In LP4.6, I will know: 22/04/24 - (WK 2)	Key Vocabulary	Homework
when to smash and how to execute the shot. how to create opportunities to use a smash within conditioned games.		Reflect on your strengths and weaknesses this week. Make a plan of
Thow to create opportunities to use a smash within conditioned games.	Tactics	how to address this.
Extended Task.		
In LP4.7, I will know: • how to umpire a singles game of badminton.	Key Vocabulary	Reflect on your strengths and
how to compete in a ladder competition.		weaknesses this week. Make a plan of
	Umpire	how to address this.
In LP4.8, I will know: 06/05/24 - (WK 2)	Key Vocabulary	Homework
how to apply these skills into a competitive game;		Reflect on your strengths and
how to play and score in a singles game.	C	weaknesses this week. Make a plan of
	Scoring	how to address this.
Resources to support learning:		
YouTube for specific skills and tips		
FFET Award Challenge for this Learning Programme: Lead an activity at an extra curricular club.		
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