

Year 8 PE

Learning Programme 4

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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>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 | |
| <p>What will I be learning about in this Learning Programme?</p> <p>I will be recapping and advancing the correct technique to perform skills such as passing, dribbling and shooting to outwit an opponent.</p> | | | |
| <p>Where have I seen this learning before?</p> <p>Learning may have been seen before during year 7 basketball lessons</p> | | | |
| <p>What could I use it for?</p> <p>I 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.</p> | | | |
| <p>In LP4.1, I will know:</p> <ul style="list-style-type: none"> •and be able to perform passing and receiving techniques and use to outwit opposition. •and be able to perform these in a small sided game with success. •and use dribbling technique correctly and understand what constitutes a double dribble and traveling. | <p>04/03/24 - (WK 1)</p> | <p>Key Vocabulary</p> <p>Chest pass</p> | <p>Homework</p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p> |
| <p>In LP4.2, I will know:</p> <ul style="list-style-type: none"> •and develop an understanding about attacking principles related to basketball. •how to perform and accurately replicate a range of dribbling skills to outwit opponents. •and demonstrate a developed understanding of basketball rules. | <p>11/03/24 - (WK 2)</p> | <p>Key Vocabulary</p> <p>Rebound</p> | <p>Homework</p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p> |
| <p>In LP4.3, I will know:</p> <ul style="list-style-type: none"> •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) <p>Extended Task.</p> | <p>18/03/24 - (WK 1)</p> | <p>Key Vocabulary</p> <p>Contact</p> | <p>Homework</p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p> |
| <p>In LP4.4, I will know:</p> <ul style="list-style-type: none"> • the benefits of types of shots. • and develop understanding and knowledge of how to execute a successful set shot. | <p>25/03/24 - (WK 2)</p> | <p>Key Vocabulary</p> <p>Jump shot</p> | <p>Homework</p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p> |
| <p>In LP4.5, I will know:</p> <ul style="list-style-type: none"> • the benefits of types of shots. •and develop understanding and knowledge of how to execute a successful jump shot. | <p>15/04/24 - (WK 1)</p> | <p>Key Vocabulary</p> <p>Free throw</p> | <p>Homework</p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p> |
| <p>In LP4.6, I will know:</p> <ul style="list-style-type: none"> •the best way to defend different types of shots. •and develop understanding and knowledge of how block shots and rebound shots within the rules of the game. <p>Extended Task.</p> | <p>22/04/24 - (WK 2)</p> | <p>Key Vocabulary</p> <p>Man to man</p> | <p>Homework</p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p> |
| <p>In LP4.7, I will know:</p> <ul style="list-style-type: none"> •and demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. | <p>29/04/24 - (WK 1)</p> | <p>Key Vocabulary</p> <p>Full court press</p> | <p>Homework</p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p> |
| <p>In LP4.8, I will know:</p> <ul style="list-style-type: none"> •and demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. | <p>06/05/24 - (WK 2)</p> | <p>Key Vocabulary</p> <p>Zonal</p> | <p>Homework</p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p> |
| <p>Resources to support learning:</p> <p>YouTube - used to watch techniques to perform specific skills</p> | | | |
| <p>FFET Award Challenge for this Learning Programme:</p> <p>Lead an activity at an extra curricular club.</p> | | | |

PRT Task 1

PRT Task 2

Year 8 PE

Learning Programme 4

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| <p>The LORIC skill focus for his 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 the fitness suite in year 7 and begin to become more confident as a gym user.</p> <p>What could I use it for? 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>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 |
| <p>In LP4.1, I will know:</p> <ul style="list-style-type: none"> • How to safely use all of the equipment in the fitness suite. • How to train independently using the fitness equipment. | <p>04/03/24 - (WK 1)</p> <p>Key Vocabulary</p> <p>Independent</p> | <p>Homework</p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p> |
| <p>In LP4.2, I will know:</p> <ul style="list-style-type: none"> • How to complete a workout to build muscular strength using the correct repetition ranges and sets. • Which muscles the resistance machines will target. | <p>11/03/24 - (WK 2)</p> <p>Key Vocabulary</p> <p>Repetition</p> | <p>Homework</p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p> |
| <p>In LP4.3, I will know:</p> <ul style="list-style-type: none"> • How to complete a circuit training session and tailor the exercises to target certain body parts. • How to design my own circuit training session. <p>Extended Task.</p> | <p>18/03/24 - (WK 1)</p> <p>Key Vocabulary</p> <p>Pectorals</p> | <p>Homework</p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p> |
| <p>In LP4.4, I will know:</p> <ul style="list-style-type: none"> • How to complete a HIIT session and tailor the exercises to target certain body parts. • How to design my own HIIT session. | <p>25/03/24 - (WK 2)</p> <p>Key Vocabulary</p> <p>Intensity</p> | <p>Homework</p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p> |
| <p>In LP4.5, I will know:</p> <ul style="list-style-type: none"> • How to complete a muscular endurance session and tailor the exercises to target certain body parts. • How to design my own muscular endurance session. | <p>15/04/24 - (WK 1)</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> |
| <p>In LP4.6, I will know:</p> <ul style="list-style-type: none"> • How to complete a cardiovascular endurance session using a variety of exercises/machinery. • How to design my own cardiovascular endurance session. <p>Extended Task.</p> | <p>22/04/24 - (WK 2)</p> <p>Key Vocabulary</p> <p>Cardio</p> | <p>Homework</p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p> |
| <p>In LP4.7, I will know:</p> <ul style="list-style-type: none"> • How to write my own workout programme using reps, sets, rest periods. • How to target specific areas of weakness for myself. | <p>29/04/24 - (WK 1)</p> <p>Key Vocabulary</p> <p>Workout programme</p> | <p>Homework</p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p> |
| <p>In LP4.8, I will know:</p> <ul style="list-style-type: none"> • How to complete a circuit training session. | <p>06/05/24 - (WK 2)</p> <p>Key Vocabulary</p> <p>Intervals</p> | <p>Homework</p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p> |
| <p>Resources to support learning:</p> <p>YouTube for specific exercises and workout ideas.</p> | | |
| <p>FFET Award Challenge for this Learning Programme:</p> <p>Lead an activity at an extra curricular club.</p> | | |

PRT Task 1

PRT Task 2

Year 8 PE

Learning Programme 4

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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>What will I be learning about in this Learning Programme? In this learning programme I will be learning how to successfully perform in individual sports exploring dance and gymnastics.</p> <p>Where have I seen this learning before? I will have prior knowledge of individual sports from year 7.</p> <p>What could I use it for? I could participate in extra curricular opportunities or join clubs outside of school.</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"> • and recall the four components of dance/gymnastics; • what a motif is; • how to use a motif to respond to a stimulus. | <p>Key Vocabulary</p> <p>Motif</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"> • the important elements of time, beat, tempo, rhythm, duration and accent. | <p>Key Vocabulary</p> <p>Time</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 experiment with canon, unison, action and reaction movements. <p>Extended Task.</p> | <p>Key Vocabulary</p> <p>Canon</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 experiment with different space using air pathways, floor pathways, open and closed pathways. | <p>Key Vocabulary</p> <p>Pathways</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 experiment with different strong/light, direct/indirect, flowing/abrupt movement in small groups/duets. | <p>Key Vocabulary</p> <p>Movements</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 choreograph a set piece by creating motifs inspired by a provided stimulus, incorporating the four components of dance/gymnastics: timing, clarity and confidence. <p>Extended Task.</p> | <p>Key Vocabulary</p> <p>Confidence</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 perform with confidence to my peers; • how to use points of stillness to indicate the ending; • how to identify strengths and weaknesses of a performance. | <p>Key Vocabulary</p> <p>Review</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 create a full routine to perform using all of the skills I have learnt. | <p>Key Vocabulary</p> <p>Routine</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 skills and tips.</p> | | |
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| <p>FFET Award Challenge for this Learning Programme:</p> <p>Lead an activity at an extra curricular club.</p> | | |
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Year 8 PE

Learning Programme 4

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| <p>The LORIC skill focus for his 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? I will be learning the correct technique to perform skills such as fielding, bowling and batting to outwit an opponent.</p> <p>Where have I seen this learning before? Learning may have been seen before at key stage 2 level.</p> <p>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 club.</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"> • and recap the basic rules of different striking and fielding games. • and recap a range of ground fielding techniques such as the short and long barrier. | <p>Key Vocabulary</p> <p>Duckworth Lewis</p> | <p>Homework</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>In LP4.2, I will know: 11/03/24 - (WK 2)</p> <ul style="list-style-type: none"> • and recap how to throw the ball accurately both overarm and underarm. • the fielding positions in different types of striking and fielding games. | <p>Key Vocabulary</p> <p>No ball</p> | <p>Homework</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>In LP4.3, I will know: 18/03/24 - (WK 1)</p> <ul style="list-style-type: none"> • recap and model the correct batting stance and grip. • how to use placement as a strategy to outwit and opponent when batting. <p>Extended Task.</p> | <p>Key Vocabulary</p> <p>Wide</p> | <p>Homework</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>In LP4.4, I will know: 25/03/24 - (WK 2)</p> <ul style="list-style-type: none"> • recap and model the correct overarm bowling technique. • the rules around bowling including a no ball, wide. | <p>Key Vocabulary</p> <p>One short</p> | <p>Homework</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>In LP4.5, I will know: 15/04/24 - (WK 1)</p> <ul style="list-style-type: none"> • 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. | <p>Key Vocabulary</p> <p>Four</p> | <p>Homework</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>In LP4.6, I will know: 22/04/24 - (WK 2)</p> <ul style="list-style-type: none"> • and practice being the role of a wicket keeper. • how to use the crease effectively to try and outwit an opponent. <p>Extended Task.</p> | <p>Key Vocabulary</p> <p>Six</p> | <p>Homework</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>In LP4.7, I will know: 29/04/24 - (WK 1)</p> <ul style="list-style-type: none"> • and understand the fielding positions in different striking and fielding games and how they are used both in both defence and attack. | <p>Key Vocabulary</p> <p>Super over</p> | <p>Homework</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>In LP4.8, I will know: 06/05/24 - (WK 2)</p> <ul style="list-style-type: none"> • and apply what I have learnt into a competitive game. | <p>Key Vocabulary</p> <p>Stumping</p> | <p>Homework</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>Resources to support learning:</p> <p>YouTube - used to watch techniques to perform specific skills</p> | | |
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| <p>FFET Award Challenge for this Learning Programme:</p> <p>Show evidence of your involvement in sport outside school.</p> | | |
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Year 8 PE

Learning Programme 4

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| <p>The LORIC skill focus for his 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? 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 opponents.</p> <p>Where have I seen this learning before? 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.</p> <p>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 apply in other net and wall games.</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 |
| <p>In LP4.1, I will know: 04/03/24 - (WK 1)</p> <ul style="list-style-type: none"> • how to use my rallying skills to play a cooperative game. | <p>Key Vocabulary</p> <p>Rallying</p> | <p>Homework</p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p> |
| <p>In LP4.2, I will know: 11/03/24 - (WK 2)</p> <ul style="list-style-type: none"> • how netplay can be used in a game. • how I can use netplay with other shots to outwit my opponent. | <p>Key Vocabulary</p> <p>Netplay</p> | <p>Homework</p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p> |
| <p>In LP4.3, I will know: 18/03/24 - (WK 1)</p> <ul style="list-style-type: none"> • how to do a drop shot; • when a drop shot should be used in a competitive game to outwit my opponent. <p>Extended Task.</p> | <p>Key Vocabulary</p> <p>Drop Shot</p> | <p>Homework</p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p> |
| <p>In LP4.4, I will know: 25/03/24 - (WK 2)</p> <ul style="list-style-type: none"> • how to use overhead clear, netplay and dropshots to outwit opponents. • how to sequence shots together in order to move my opponent. | <p>Key Vocabulary</p> <p>Combination</p> | <p>Homework</p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p> |
| <p>In LP4.5, I will know: 15/04/24 - (WK 1)</p> <ul style="list-style-type: none"> • the full rules of a competitive game of both singles and doubles. • be able to apply them both to a competitive game. | <p>Key Vocabulary</p> <p>Service Line</p> | <p>Homework</p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p> |
| <p>In LP4.6, I will know: 22/04/24 - (WK 2)</p> <ul style="list-style-type: none"> • when to smash and how to execute the shot. • how to create opportunities to use a smash within conditioned games. <p>Extended Task.</p> | <p>Key Vocabulary</p> <p>Tactics</p> | <p>Homework</p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p> |
| <p>In LP4.7, I will know: 29/04/24 - (WK 1)</p> <ul style="list-style-type: none"> • how to umpire a singles game of badminton. • how to compete in a ladder competition. | <p>Key Vocabulary</p> <p>Umpire</p> | <p>Homework</p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p> |
| <p>In LP4.8, I will know: 06/05/24 - (WK 2)</p> <ul style="list-style-type: none"> • how to apply these skills into a competitive game; • how to play and score in a singles game. | <p>Key Vocabulary</p> <p>Scoring</p> | <p>Homework</p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p> |
| <p>Resources to support learning:</p> <p>YouTube for specific skills and tips</p> | | |
| <p>FFET Award Challenge for this Learning Programme:</p> <p>Lead an activity at an extra curricular club.</p> | | |

PRT Task 1

PRT Task 2