



Year 9 PE

Learning Programme 4

Lead an activity at an extra curricular club.

The Moral Minister force for this by Bare MTEGRTY and GRATTIUDE. In part of the property in the property of the property in t	Learning Programme 4		
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where have I seen this learning before? Where could use it for? Could use the skins that I learn to be a competent baskethall player at extra contributer dues, school fintures or at a local football due. **Rey Vacabilishy** **Rey Vacabilish	What will I be learning about in this Learning Programme?		
searning may have been seen before during year? 7 and year 8 basechall lessons Section Proceedings Proceedings Proceedings Procedure Proc	I will be recapping and advancing the correct technique to perform skills such as passing, dribbling and shooting to outwit an opponent.		end of a question • Apostrophes should only be used for
Applications of the skills that I learn to be a competent basketball player at extra curricular clubs, school flottures or at a local football club. Application of the skills that I learn to be a competent basketball player at extra curricular clubs, school flottures or at a local football club. Application of the skills that I learn to be able to perform passing, receiving and dribbling techniques to outwit opposition and be able to perform a combination of three skills in a small sided game with success Carry New Vocabulary Application of the skills in a small sided game reaking decisions about choice of techniques in each situation. Application of the skills in a small study game making decisions about choice of techniques in each situation. Application of the skills in a small study game making decisions about how better to stop apposition. Application of the skills in a small study game making decisions about how better to stop apposition. Application of the skills in a small study game making decisions about how better to stop apposition. Application of the skills in a small study game making decisions about how better to stop apposition. Application of the skills in a small study game making decisions about how better to stop apposition. Application of the skills are plan of how to perform and replicates a 3 man weave. Application of the skills are plan of how to address this. Application of the skills are plan of how to address this. Application of the skills are plan of how to address this. Application of the skills are plan of how to address this. Application of the skills are plan of how to address this. Application of the skills are plan of how to address this. Application of the skills are plan of how to address this. Application of the skills are plan of how to address this. Application of the skills are plan of how to address this. Application of the skills are plan of how to address this. Application of the skills are plan of how to address this. Application of the skills	Where have I seen this learning before? Learning may have been seen before during year 7 and year 8 basketball lessons		T
Reflect on your strengths and weaknesses this week. Make a plan of how to address this. In P2.2, I will know: I 1/03/24 (WX 2) Rey Vocabulary Rey Vocabulary Replect on your strengths and to the self-or your strengths and the perform and accurately replicate a range of ay up variations to out-wit opponents. I 1/03/24 (WX 2) Rey Vocabulary Rey Vocabulary Replect on your strengths and weaknesses this week. Make a plan of how to address this. I 1/03/24 (WX 2) Rey Vocabulary Rey Vocabulary Rey Vocabulary Replect on your strengths and weaknesses this week. Make a plan of how to address this. I 1/03/24 (WX 2) Rey Vocabulary Rey Vocabulary Replect on your strengths and weaknesses this week. Make a plan of how to address this. I 1/03/24 (WX 2) Rey Vocabulary Replect on your strengths and weaknesses this week. Make a plan of how to address this. Replect on your strengths and weaknesses this week. Make a plan of how to address this. Replect on your strengths and weaknesses this week. Make a plan of how to address this. Replect on your strengths and weaknesses this week. Make a plan of how to address this. Replect on your strengths and weaknesses this week. Make a plan of how to perform and replicate a 3 man weave. I 1/03/24 (WX 2) Rey Vocabulary Replect on your strengths and weaknesses this week. Make a plan of how to address this. Reflect on your strengths and weaknesses this week. Make a plan of how to defers this. Reflect on your strengths and weaknesses this week. Make a plan of how to referre a small game with the majority of rules. Reflect on your strengths and weaknesses this week. Make a plan of how to referre a small game with the majority of rules. Reflect on your strengths and weaknesses this week. Make a plan of how to referre a small game with the majority of rules. Reflect on your strengths and weaknesses this week. Make a plan of how to address this. Reflect on your strengths and weaknesses this week. Make a plan of how to address this. Reflect on your strengths and weakne	What could I use it for? 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.		
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weak side Weak side Meak side	In LP4.2, I will know: 11/03/24 - (WK 2)	Key Vocabulary	Homework
And the able to outwit opponents with the use of defending skills. i.e. zone and man to man defence. And be able to perform skills in a small sided game making decisions about how best to stop opposition. Zone defence Schedel Task. 1EP4.4, I will know: 25/03/24 - (WK 2) ALPA 5, I will know: 15/04/24 - (WK 1) ALPA 5, I will know: And understanding and knowledge of how to execute a successful set, jump shot and free throws. 15/04/24 - (WK 2) And understand the benefits of types of shots. And develop understanding and knowledge of how to execute a successful set, jump shot and free throws. Free throws 15/04/24 - (WK 2) And understand and know advanced basketball rules. i.e. what makes a foul, contact & 3 seconds in the key. And understand and know advanced basketball rules. i.e. what makes a foul, contact & 3 seconds in the key. And understand and know advanced basketball rules. i.e. what makes a foul, contact & 3 seconds in the key. And understand and know advanced basketball rules. i.e. what makes a foul, contact & 3 seconds in the key. And understand and know advanced basketball rules. i.e. what makes a foul, contact & 3 seconds in the key. And understand and know advanced basketball rules. i.e. what makes a foul, contact & 3 seconds in the key. And understand and know advanced basketball rules. i.e. what makes a foul, contact & 3 seconds in the key. And understand and know advanced basketball rules. i.e. what makes a foul, contact & 3 seconds in the key. And understand and know advanced basketball rules. i.e. what makes a foul, contact & 3 seconds in the key. And understand and know advanced basketball rules. i.e. what makes a foul, contact & 3 seconds in the key. And understand and know advanced basketball rules. i.e. what makes a foul, contact & 3 seconds in the key. And understand and know advanced basketball rules. i.e. what makes a foul, contact & 3 seconds in the key. And understand and know advanced basketball rules. i.e. what makes a foul, contact & 3 seconds in the key. And	 how to perform and accurately replicate a range of lay up variations to outwit opponents. and perform the non dominant lay up and make decisions about choice of techniques in each situations. 	Weak side	weaknesses this week. Make a plan of
And the able to outwit opponents with the use of defending skills. i.e. zone and man to man defence. And be able to perform skills in a small sided game making decisions about how best to stop opposition. Zone defence Schedel Task. 1EP4.4, I will know: 25/03/24 - (WK 2) ALPA 5, I will know: 15/04/24 - (WK 1) ALPA 5, I will know: And understanding and knowledge of how to execute a successful set, jump shot and free throws. 15/04/24 - (WK 2) And understand the benefits of types of shots. And develop understanding and knowledge of how to execute a successful set, jump shot and free throws. Free throws 15/04/24 - (WK 2) And understand and know advanced basketball rules. i.e. what makes a foul, contact & 3 seconds in the key. And understand and know advanced basketball rules. i.e. what makes a foul, contact & 3 seconds in the key. And understand and know advanced basketball rules. i.e. what makes a foul, contact & 3 seconds in the key. And understand and know advanced basketball rules. i.e. what makes a foul, contact & 3 seconds in the key. And understand and know advanced basketball rules. i.e. what makes a foul, contact & 3 seconds in the key. And understand and know advanced basketball rules. i.e. what makes a foul, contact & 3 seconds in the key. And understand and know advanced basketball rules. i.e. what makes a foul, contact & 3 seconds in the key. And understand and know advanced basketball rules. i.e. what makes a foul, contact & 3 seconds in the key. And understand and know advanced basketball rules. i.e. what makes a foul, contact & 3 seconds in the key. And understand and know advanced basketball rules. i.e. what makes a foul, contact & 3 seconds in the key. And understand and know advanced basketball rules. i.e. what makes a foul, contact & 3 seconds in the key. And understand and know advanced basketball rules. i.e. what makes a foul, contact & 3 seconds in the key. And understand and know advanced basketball rules. i.e. what makes a foul, contact & 3 seconds in the key. And	In IP4.3 Lwill know: 18/03/24 - (WK 1)	Key Vocahulary	Homework
n LP4.6, I will know: 15/04/24 - (WK 1) Ney Vocabulary three man weave n LP4.5, I will know: 15/04/24 - (WK 1) Ney Vocabulary Add evelop understanding and knowledge of how to execute a successful set, jump shot and free throws. 15/04/24 - (WK 2) Ney Vocabulary Momework Reflect on your strengths and weaknesses this week. Make a plan of how to address this. Ney Vocabulary Reflect on your strengths and weaknesses this week. Make a plan of how to address this. Ney Vocabulary Ney Vocabulary Homework Reflect on your strengths and weaknesses this week. Make a plan of how to address this. New Vocabulary Homework Reflect on your strengths and weaknesses this week. Make a plan of how to refere a small game with the majority of rules. Referee New Vocabulary Homework Reflect on your strengths and weaknesses this week. Make a plan of how to address this. New Vocabulary Homework Reflect on your strengths and weaknesses this week. Make a plan of how to address this. New Vocabulary Homework Reflect on your strengths and weaknesses this week. Make a plan of how to address this. New Vocabulary Homework Reflect on your strengths and weaknesses this week. Make a plan of how to address this. New Vocabulary Homework Reflect on your strengths and weaknesses this week. Make a plan of how to address this. Reflect on your strengths and weaknesses this week. Make a plan of how to address this. New Vocabulary Homework Reflect on your strengths and weaknesses this week. Make a plan of how to address this. New Vocabulary Homework Reflect on your strengths and weaknesses this week. Make a plan of how to address this. New Vocabulary Homework Reflect on your strengths and weaknesses this week. Make a plan of how to address this. New Vocabulary Homework Reflect on your strengths and weaknesses this week. Make a plan of how to address this. New Vocabulary Homework Reflect on your strengths and weaknesses this w	 and be able to outwit opponents with the use of defending skills. i.e. zone and man to man defence. and be able to perform skills in a small sided game making decisions about how best to stop opposition. 		Reflect on your strengths and weaknesses this week. Make a plan of
Reflect on your strengths and weaknesses this. In IP4.5, I will know: In IP4.6, I will know: In IP4	Extended Task. In LP4.4, I will know: 25/03/24 - (WK 2)	Key Vocabulary	Homework
Reflect on your strengths and weaknesses this week. Make a plan of how to address this. Reflect on your strengths and weaknesses this week. Make a plan of how to address this. Reflect on your strengths and weaknesses this week. Make a plan of how to address this. Reflect on your strengths and weaknesses this week. Make a plan of how to address this. Reflect on your strengths and weaknesses this week. Make a plan of how to address this. Reflect on your strengths and weaknesses this week. Make a plan of how to address this. Reflect on your strengths and weaknesses this week. Make a plan of how to address this. Reflect on your strengths and weaknesses this week. Make a plan of how to address this. Reflect on your strengths and weaknesses this week. Make a plan of how to address this. Reflect on your strengths and weaknesses this week. Make a plan of how to address this. Reflect on your strengths and weaknesses this week. Make a plan of how to address this. Reflect on your strengths and weaknesses this week. Make a plan of how to address this. Reflect on your strengths and weaknesses this week. Make a plan of how to address this. Reflect on your strengths and weaknesses this week. Make a plan of how to address this. Reflect on your strengths and weaknesses this week. Make a plan of how to address this.	 and develop an understanding about attacking principles related to basketball. how to perform and replicate a 3 man weave. 		weaknesses this week. Make a plan of
weaknesses this week. Make a plan of how to address this. TP4.6, I will know: and understand and know advanced basketball rules. i.e. what makes a foul, contact & 3 seconds in the key. In LP4.6, I will know: and understand and know advanced basketball rules. i.e. what makes a foul, contact & 3 seconds in the key. In LP4.7, I will know: and demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. In LP4.8, I will know: And demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. In LP4.8, I will know: And demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. In LP4.8, I will know: According to the proper the proper the proper the proper than the	In LP4.5, I will know: 15/04/24 - (WK 1)	Key Vocabulary	Homework
Reflect on your strengths and weaknesses this week. Make a plan of how to referee a small game with the majority of rules. Extended Task. In LP4.7, I will know: and demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. In LP4.8, I will know: O6/05/24 - (WK 2) And demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. Pressure New Vocabulary Reflect on your strengths and weaknesses this week. Make a plan of how to address this. Reflect on your strengths and weaknesses this week. Make a plan of how to address this. Reflect on your strengths and weaknesses this week. Make a plan of how to address this. Reflect on your strengths and weaknesses this week. Make a plan of how to address this. Reflect on your strengths and weaknesses this week. Make a plan of how to address this. Reflect on your strengths and weaknesses this week. Make a plan of how to address this. Reflect on your strengths and weaknesses this week. Make a plan of how to address this.	 and understand the benefits of types of shots. and develop understanding and knowledge of how to execute a successful set, jump shot and free throws. 		weaknesses this week. Make a plan of
Reflect on your strengths and weaknesses this week. Make a plan of how to referee a small game with the majority of rules. Extended Task. In LP4.7, I will know: and demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. In LP4.8, I will know: O6/05/24 - (WK 2) And demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. Pressure New Vocabulary Reflect on your strengths and weaknesses this week. Make a plan of how to address this. Reflect on your strengths and weaknesses this week. Make a plan of how to address this. Reflect on your strengths and weaknesses this week. Make a plan of how to address this. Reflect on your strengths and weaknesses this week. Make a plan of how to address this. Reflect on your strengths and weaknesses this week. Make a plan of how to address this. Reflect on your strengths and weaknesses this week. Make a plan of how to address this. Reflect on your strengths and weaknesses this week. Make a plan of how to address this.	In IPA 6 I will know: 22/04/24 - (MK 2)	Vov Vocabulary	Hamawark
n LP4.7, I will know: how to perform these skills in a small sided 2 v 2 situation. how to perform these skills in a small sided 2 v 2 situation. how to perform these skills in a small sided 2 v 2 situation. how to perform these skills in a small sided 2 v 2 situation. Pressure how to address this week. Make a plan of how to address this. how to address this. how to address this. how to address this. how to address this week. Make a plan of how to address this. how to address this week. Make a plan of how to address this weaknesses this week. Make a plan of how to address this weaknesses this week. Make a plan of how to address this weaknesses this week. Make a plan of how to address this. Resources to support learning: YouTube - used to watch techniques to perform specific skills	•and understand and know advanced basketball rules. i.e. what makes a foul, contact & 3 seconds in the key. • how to referee a small game with the majority of rules.		Reflect on your strengths and weaknesses this week. Make a plan of
how to perform these skills in a small sided 2 v 2 situation. • and demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. • TLP4.8, I will know: • 1. LP4.8, I will know: • 2. LP4.8, I will know: • 2. LP4.8, I will know: • 3. LP4.8, I will know: • 4. LP4.8, I will kn	Extended Task.		
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Reflect on your strengths and weaknesses this week. Make a plan of how to address this. Resources to support learning: YouTube - used to watch techniques to perform specific skills	 how to perform these skills in a small sided 2 v 2 situation. and demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. 	Pressure	weaknesses this week. Make a plan of
Reflect on your strengths and weaknesses this week. Make a plan of how to address this. Resources to support learning: YouTube - used to watch techniques to perform specific skills	In IP4.8.1 will know: 06/05/24 - (WK 2)	Key Vocabulary	Homework
YouTube - used to watch techniques to perform specific skills_	• the basic positions on a basketball court. • and demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques.		Reflect on your strengths and weaknesses this week. Make a plan of
FFET Award Challenge for this Learning Programme:	Resources to support learning: YouTube - used to watch techniques to perform specific skills		
	FFET Award Challenge for this Learning Programme:		





PΕ

Learning Programme 4		
The LORIC skill focus for his LP is: INITIATIVE.		eracy:
The Moral Virtues focus for this LP are: INTEGRITY and GRATITUDE.		Capital letters must be used at the star sentences and for the first letter of
Integrity - Having strong moral principles.		oper nouns
Gratitude - Feeling and expressing thanks.	The state of the s	Full stops must be used at the end of a
What will I be learning about in this Learning Programme?		ntence
How to improve my fitness and the use of different types of exercise to do this.		Question marks must be used at the
		d of a question
		Apostrophes should only be used for ssession or omission
Where have I seen this learning before?	I ^c	Days of the week and months must be
I can build on my knowledge from my PE lessons in lower school to begin to master approa <mark>ch</mark> es to fitness.		elled correctly
	• 1	Key words 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 become a life long exerciser.		
In LP4.1, I will know: 04/03/24 - (WK 1)	Key Vocabulary H	omework
How to safely use all of the equipment in the exercise suite with confidence.		eflect on your strengths and
How to lead a three stage warm-up for a small group in my class.		eaknesses this week. Make a plan of
	Pulse raiser h	ow to address this.
In LP4.2, I will know: 11/03/24 - (WK 2)	Key Vocabulary H	omework
How to split my workout up through intervals or work and rest and the reason for this.		eflect on your strengths and
The optimum work: rest ratio for my goals.	w	eaknesses this week. Make a plan of
	Work: rest ratio h	ow to address this.
In LP4.3, I will know: 18/03/24 - (WK 1)	Key Vocabulary H	omework
What cardiovascular fitness is.		eflect on your strengths and
How to improve my cardiovascular fitness.	w	eaknesses this week. Make a plan of
The benefits of improving my cardiovascular fitness.	Cardiovascular h	ow to address this.
Extended Task. In LP4.4, 1 will know: 25/03/24 - (WK 2)	Ver Versbulger	omework
What muscular hypertrophy is.		eflect on your strengths and
How to train for hypertrophy.		eaknesses this week. Make a plan of
The benefits of training for hypertrophy.	Hypertrophy h	ow to address this.
In LP4.5, I will know: 15/04/24 - (WK 1)	Key Vocabulary H	omework
What muscular endurance is.		eflect on your strengths and
How to train for muscular endurance.	w	eaknesses this week. Make a plan of
The benefits if training for muscular endurance.	Muscular endurance h	ow to address this.
In LP4.6. I will know: 22/04/24 - (WK 2)	Key Vocabulary H	omework
What flexibility is.	R	eflect on your strengths and
How to train for flexibility.		eaknesses this week. Make a plan of
The benefits of training for flexibility.	Flexibility	ow to address this.
Fortunal and Totals		
Extended Task.	Key Vocahulary H	omework
In LP4.7, I will know: 29/04/24 - (WK 1)		omework eflect on your strengths and
	R	omework eflect on your strengths and eaknesses this week. Make a plan of
In LP4.7, I will know: 29/04/24 - (WK 1) • What muscular strength is.	R _i w	eflect on your strengths and
In LP4.7, I will know: • What muscular strength is. • How to train for muscular strength.	R _i w	eflect on your strengths and eaknesses this week. Make a plan of
In LP4.7, I will know: • What muscular strength is. • How to train for muscular strength. • The benefits of training for muscular strength.	Muscular strength	eflect on your strengths and eaknesses this week. Make a plan of ow to address this.
In LP4.7, I will know: • What muscular strength is. • How to train for muscular strength.	Muscular strength h	eflect on your strengths and eaknesses this week. Make a plan of
In LP4.7, I will know: • What muscular strength is. • How to train for muscular strength. • The benefits of training for muscular strength. In LP4.8, I will know: 06/05/24 - (WK 2)	Muscular strength Key Vocabulary R R R	eflect on your strengths and eaknesses this week. Make a plan of ow to address this. omework effect on your strengths and eaknesses this week. Make a plan of
In LP4.7, I will know: • What muscular strength is. • How to train for muscular strength. • The benefits of training for muscular strength. In LP4.8, I will know: 06/05/24 - (WK 2)	Muscular strength Key Vocabulary R. R. R. R. R. R. R. R. R. W.	eflect on your strengths and eaknesses this week. Make a plan of ow to address this. omework eflect on your strengths and
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In LP4.7, I will know: • What muscular strength is. • How to train for muscular strength. • The benefits of training for muscular strength. In LP4.8, I will know: • How to complete a circuit training session.	Muscular strength Key Vocabulary R R R	eflect on your strengths and eaknesses this week. Make a plan of ow to address this. omework effect on your strengths and eaknesses this week. Make a plan of
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PΕ

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 star 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? In this learning programme I will be learning how to successfully perform in individual sports exploring dance and gymnastics.		sentence
in this featuring programme I will be featuring now to successfully perform in marked a 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
Where have I seen this learning before? I will have prior knowledge of individual sports from year 8.		 Days of the week and months must be spelled correctly
The nate prior into needed of manifestation year of		Key words must be spelled correctly
What could I use it for?		
I could participate in extra curricular opportunities or join clubs outside of school.		
in LP4.1, I will know: 04/03/24 - (WK 1)	Key Vocabulary	Homework
• and recall what a motif is;		Reflect on your strengths and
different styles of dance/gymnastics; the role of lifter and liftee in contact work	Contact Work	weaknesses this week. Make a plan of how to address this.
THE FOLCOT INTER UND INTERCEMENTAL WORK	contact work	now to address this.
In LP4.2, I will know: 11/03/24 - (WK 2)	Key Vocabulary	Homework Reflect on your strengths and
technical skills required for dance; the importance of accuracy of action, dynamic and spatial content;		Reflect on your strengths and weaknesses this week. Make a plan of
• the features of Rhythmic, Lindy Hop, and The Charleston.	Technical Skills	how to address this.
In LP4.3, I will know: 18/03/24 - (WK 1)	Key Vocabulary	Homework
• different physical skills;	Key Vocabulary	Reflect on your strengths and
the importance of flexibility, alignment and balance;		weaknesses this week. Make a plan of
• the features of Capoeira.	Physical Skills	how to address this.
Extended Task.		
In LP4.4, I will know: 25/03/24 - (WK 2)	Key Vocabulary	Homework
• different expressive skills;	,	
		Reflect on your strengths and
• focus, projection and spatial awareness.		weaknesses this week. Make a plan of
• focus, projection and spatial awareness. • the features of Artistic; Hip Hop; Vogue; Street Dance	Expressive Skills	
	Expressive Skills	weaknesses this week. Make a plan of
• the features of Artistic; Hip Hop; Vogue; Street Dance In LP4.5, I will know: 15/04/24 - (WK 1)	Expressive Skills Key Vocabulary	weaknesses this week. Make a plan of how to address this. Homework
• the features of Artistic; Hip Hop; Vogue; Street Dance In LP4.5, I will know: • the mental skills required for effective dance;		weaknesses this week. Make a plan of how to address this. Homework Reflect on your strengths and
• the features of Artistic; Hip Hop; Vogue; Street Dance In LP4.5, I will know: • the mental skills required for effective dance; • the importance of confidence, commitment and movement memory;	Key Vocabulary	weaknesses this week. Make a plan of how to address this. Homework Reflect on your strengths and weaknesses this week. Make a plan of
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the features of Artistic; Hip Hop; Vogue; Street Dance In LP4.5, I will know: the mental skills required for effective dance; the importance of confidence, commitment and movement memory; the features of Parkour; Bhangra; The Haka	Key Vocabulary Mental Skills	weaknesses this week. Make a plan of how to address this. Homework Reflect on your strengths and weaknesses this week. Make a plan of how to address this.
• the features of Artistic; Hip Hop; Vogue; Street Dance In LP4.5, I will know: 15/04/24 - (WK 1) • the mental skills required for effective dance; • the importance of confidence, commitment and movement memory; • the features of Parkour; Bhangra; The Haka In LP4.6, I will know: 22/04/24 - (WK 2)	Key Vocabulary	weaknesses this week. Make a plan of how to address this. Homework Reflect on your strengths and weaknesses this week. Make a plan of how to address this. Homework
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the features of Artistic; Hip Hop; Vogue; Street Dance In LP4.5, I will know: the mental skills required for effective dance; the importance of confidence, commitment and movement memory; the features of Parkour; Bhangra; The Haka In LP4.6, I will know: 22/04/24 - (WK 2)	Key Vocabulary Mental Skills	weaknesses this week. Make a plan of how to address this. Homework Reflect on your strengths and weaknesses this week. Make a plan of how to address this. Homework Reflect on your strengths and
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n LP4.5, I will know: 15/04/24 - (WK 1) 15/04/24 - (WK 2) 15/04/24 - (WK 1) 15/04/24 - (WK 2)	Key Vocabulary Contemporary Key Vocabulary Review Key Vocabulary	weaknesses this week. Make a plan of how to address this. Homework 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 how to address this. Homework 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 how to address this.
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PΕ

The LORIC skill focus for his LP is: INITIATIVE.		Literacy:
he Moral Virtues focus for this LP are: INTEGRITY and GRATITUDE.		 Capital letters must be used at the st of sentences and for the first letter of
ntegrity - Having strong moral principles.		proper nouns
Gratitude - Feeling and expressing thanks.		Full stops must be used at the end of
Vhat will I be learning about in this Learning Programme?		sentence
will be learning the correct technique to perform skills such as fielding, bowling and batting 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?		 possession or omission Days of the week and months must l
earning may have been seen before at key stage 2 level.		spelled correctly
		Key words must be spelled correctly
Vhat could I use it for?	-1 -11-	
could use the skills that I learn to be a competent cricket/rounders/softball player at extra curricular clubs, school fixtures or at a loc	ai Ciub.	
n LP4.1, I will know: 04/03/24 - (WK 1)	Key Vocabulary	Homework
recap and model the correct fielding technique when performing the long and short barrier.		Reflect on your strengths and areas fo
and model the overarm throw with accuracy when under pressure in a competitive sit <mark>uation.</mark>		improvement this week and make a p
	Wide	of how to address this.
1 LP4.2, I will know: 11/03/24 - (WK 2)	Key Vocabulary	Homework
recap and model the correct technique when bowling with accuracy.	key vocabulary	Reflect on your strengths and areas for
and model the correct grip and technique when bowling spin to outwit and opponent.		improvement this week and make a p
G.F. Company	No ball	of how to address this.
18/03/24 - (WK 1)	Key Vocabulary	Homework
recap and model the correct grip and stance when batting.		Reflect on your strengths and areas for
and model a range of attacking shots which can be used when batting.		improvement this week and make a p
	Off spin	of how to address this.
ixtended Task.		
n LP4.4, I will know: 25/03/24 - (WK 2)	Key Vocabulary	Homework
and model a range of defensive shots which can be used when batting.	Rey Vocabulary	Reflect on your strengths and areas for
and model a range of attacking and defensive shots under pressure in a competitive situation.		improvement this week and make a p
	Leg spin	of how to address this.
n LP4.5, I will know: 15/04/24 - (WK 1)	Key Vocabulary	Homework
and and an hand a source of attacking and defending starts after the bound to an harmonic start and the source of		
		-
and understand a range of attacking and defensive strategies that can be used to ou <mark>twit an oppone</mark> nt. the fielding positions that are used in striking and fielding games.	Rouncer	Reflect on your strengths and areas for improvement this week and make a p of how to address this.
	Bouncer	-
	Bouncer	improvement this week and make a p
	Bouncer Key Vocabulary	improvement this week and make a p
the fielding positions that are used in striking and fielding games. 1 LP4.6, I will know: 22/04/24 - (WK 2)		improvement this week and make a p of how to address this.
the fielding positions that are used in striking and fielding games. 1 LP4.6, I will know: 22/04/24 - (WK 2) how to use the crease effectively to outwit an opponent.		improvement this week and make a p of how to address this. Homework Reflect on your strengths and areas fe improvement this week and make a p
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Year 9 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.		Capital letters must be used at the st
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
will be learning some advanced shots in badminton such as the smash. I will be learning how to successfully move my opponent around	the court to apply	 Question marks must be used at the
ressure onto them.		end of a question
		 Apostrophes should only be used for
		possession or omission
Where have I seen this learning before?		Days of the week and months must be
have seen this before in my year 7 and 8 PE classes. I will be able to draw on my previous knowledge of badminton to add to during this	learning programme.	spelled correctly
		 Key words must be spelled correctly
What could I use it for?		
could use this to represent the college in a competitive fixture or to join a local badminton club with confidence. I can also use many of	the skills to apply in	
ther net and wall games.		
n LP4.1, I will know: 04/03/24 - (WK 1)	Key Vocabulary	Homework
how to do a smash shot consistently.	key vocabulary	Reflect on your strengths and
how a smash shot can be used to outwit an opponent in a competitive game.		weaknesses this week. Make a plan of
	Smash Shot	how to address this.
n LP4.2, I will know: 11/03/24 - (WK 2)	Key Vocabulary	Homework
when to use certain shots in combination with each other.		Reflect on your strengths and
how to play long, short and directional with consistency.		weaknesses this week. Make a plan of
	Combination	how to address this.
n LP4.3, I will know: 18/03/24 - (WK 1)	Key Vocabulary	Homework
how to re-centre myself after every shot and adopt a ready position.		Reflect on your strengths and
why it is important in order to stay in rallies.		weaknesses this week. Make a plan of
	Pressure	how to address this.
extended Task.		
n LP4.4, I will know: 25/03/24 - (WK 2)		
	Key Vocabulary	Homework
	Key Vocabulary	Homework Reflect on your strengths and
how to work with a doubles partner and which positions to adopt during a rally.		Reflect on your strengths and weaknesses this week. Make a plan of
	Noubles Control of the Control of th	Reflect on your strengths and
		Reflect on your strengths and weaknesses this week. Make a plan of
how to work with a doubles partner and which positions to adopt during a rally.	Doubles	Reflect on your strengths and weaknesses this week. Make a plan of how to address this.
how to work with a doubles partner and which positions to adopt during a rally. n LP4.5, I will know: 15/04/24 - (WK 1)		Reflect on your strengths and weaknesses this week. Make a plan of how to address this. Homework
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