

Year 9 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>What will I be learning about in this Learning Programme? 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? Learning may have been seen before during year 7 and year 8 basketball lessons</p> <p>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.</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"> •and be able to perform passing, receiving and dribbling techniques to outwit opposition •and be able to perform a combination of these skills in a small sided game with success 	<p>Key Vocabulary</p> <p>Carry</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 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. 	<p>Key Vocabulary</p> <p>Weak side</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"> •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. <p>Extended Task.</p>	<p>Key Vocabulary</p> <p>Zone defence</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"> •and develop an understanding about attacking principles related to basketball. •how to perform and replicate a 3 man weave. 	<p>Key Vocabulary</p> <p>three man weave</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"> •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. 	<p>Key Vocabulary</p> <p>Free throws</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"> •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. <p>Extended Task.</p>	<p>Key Vocabulary</p> <p>Referee</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 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. 	<p>Key Vocabulary</p> <p>Pressure</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"> •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. 	<p>Key Vocabulary</p> <p>Point guard</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>		
--	--	--

Year 9 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>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 my PE lessons in lower school to begin to master approaches to fitness.</p> <p>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.</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 exercise suite with confidence. • How to lead a three stage warm-up for a small group in my class. 	<p>04/03/24 - (WK 1)</p>	<p>Key Vocabulary</p> <p>Pulse raiser</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 split my workout up through intervals or work and rest and the reason for this. • The optimum work: rest ratio for my goals. 	<p>11/03/24 - (WK 2)</p>	<p>Key Vocabulary</p> <p>Work: rest ratio</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"> • What cardiovascular fitness is. • How to improve my cardiovascular fitness. • The benefits of improving my cardiovascular fitness. <p>Extended Task.</p>	<p>18/03/24 - (WK 1)</p>	<p>Key Vocabulary</p> <p>Cardiovascular</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"> • What muscular hypertrophy is. • How to train for hypertrophy. • The benefits of training for hypertrophy. 	<p>25/03/24 - (WK 2)</p>	<p>Key Vocabulary</p> <p>Hypertrophy</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"> • What muscular endurance is. • How to train for muscular endurance. • The benefits if training for muscular endurance. 	<p>15/04/24 - (WK 1)</p>	<p>Key Vocabulary</p> <p>Muscular endurance</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"> • What flexibility is. • How to train for flexibility. • The benefits of training for flexibility. <p>Extended Task.</p>	<p>22/04/24 - (WK 2)</p>	<p>Key Vocabulary</p> <p>Flexibility</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"> • What muscular strength is. • How to train for muscular strength. • The benefits of training for muscular strength. 	<p>29/04/24 - (WK 1)</p>	<p>Key Vocabulary</p> <p>Muscular strength</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>Circuit training</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 9 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>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 8.</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
<p>In LP4.1, I will know:</p> <ul style="list-style-type: none"> • and recall what a motif is; • different styles of dance/gymnastics; • the role of lifter and liftee in contact work 	<p>04/03/24 - (WK 1)</p> <p>Key Vocabulary</p> <p>Contact Work</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"> • technical skills required for dance; • the importance of accuracy of action, dynamic and spatial content; • the features of Rhythmic, Lindy Hop, and The Charleston. 	<p>11/03/24 - (WK 2)</p> <p>Key Vocabulary</p> <p>Technical Skills</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"> • different physical skills; • the importance of flexibility, alignment and balance; • the features of Capoeira. <p>Extended Task.</p>	<p>18/03/24 - (WK 1)</p> <p>Key Vocabulary</p> <p>Physical Skills</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"> • different expressive skills; • focus, projection and spatial awareness. • the features of Artistic; Hip Hop; Vogue; Street Dance 	<p>25/03/24 - (WK 2)</p> <p>Key Vocabulary</p> <p>Expressive Skills</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 mental skills required for effective dance; • the importance of confidence, commitment and movement memory; • the features of Parkour; Bhangra; The Haka 	<p>15/04/24 - (WK 1)</p> <p>Key Vocabulary</p> <p>Mental Skills</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 choreograph a contemporary routine demonstrating technical skills, physical skills, expressive skills and mental skills. <p>Extended Task.</p>	<p>22/04/24 - (WK 2)</p> <p>Key Vocabulary</p> <p>Contemporary</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 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>29/04/24 - (WK 1)</p> <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>
<p>In LP4.8, I will know:</p> <ul style="list-style-type: none"> • how to create a full routine to perform using all of the skills I have learnt. 	<p>06/05/24 - (WK 2)</p> <p>Key Vocabulary</p> <p>Performance</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

Year 9 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>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
--	---

<p>In LP4.1, I will know: 04/03/24 - (WK 1)</p> <ul style="list-style-type: none"> •recap and model the correct fielding technique when performing the long and short barrier. •and model the overarm throw with accuracy when under pressure in a competitive situation. 	<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>
--	--	---

<p>In LP4.2, I will know: 11/03/24 - (WK 2)</p> <ul style="list-style-type: none"> •recap and model the correct technique when bowling with accuracy. •and model the correct grip and technique when bowling spin to outwit and opponent. 	<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>
--	---	---



<p>In LP4.3, I will know: 18/03/24 - (WK 1)</p> <ul style="list-style-type: none"> •recap and model the correct grip and stance when batting. •and model a range of attacking shots which can be used when batting. <p>Extended Task.</p>	<p>Key Vocabulary</p> <p>Off spin</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>
--	--	---

<p>In LP4.4, I will know: 25/03/24 - (WK 2)</p> <ul style="list-style-type: none"> •and model a range of defensive shots which can be used when batting. •and model a range of attacking and defensive shots under pressure in a competitive situation. 	<p>Key Vocabulary</p> <p>Leg spin</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>
--	--	---

<p>In LP4.5, I will know: 15/04/24 - (WK 1)</p> <ul style="list-style-type: none"> •and understand a range of attacking and defensive strategies that can be used to outwit an opponent. •the fielding positions that are used in striking and fielding games. 	<p>Key Vocabulary</p> <p>Bouncer</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>
---	---	---



<p>In LP4.6, I will know: 22/04/24 - (WK 2)</p> <ul style="list-style-type: none"> •how to use the crease effectively to outwit an opponent. •how to communicate effectively in both defence and attack to outwit an opponent. <p>Extended Task.</p>	<p>Key Vocabulary</p> <p>Beamer</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>
---	--	---

<p>In LP4.7, I will know: 29/04/24 - (WK 1)</p> <ul style="list-style-type: none"> •and apply what I have learnt into a competitive game. 	<p>Key Vocabulary</p> <p>Cover drive</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>
---	---	---

<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>Free hit</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>
---	--	---

<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>Show evidence of your involvement in sport outside school.</p>

Year 9 PE

Learning Programme 4

<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 some advanced shots in badminton such as the smash. I will be learning how to successfully move my opponent around the court to apply pressure onto them.</p> <p>Where have I seen this learning before? I 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.</p> <p>What could I use it for? I 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 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 do a smash shot consistently. • how a smash shot can be used to outwit an opponent in a competitive game. 	<p>Key Vocabulary</p> <p>Smash 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 LP4.2, I will know: 11/03/24 - (WK 2)</p> <ul style="list-style-type: none"> • when to use certain shots in combination with each other. • how to play long, short and directional with consistency. 	<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>
---	---	---

PRT Task 1

<p>In LP4.3, I will know: 18/03/24 - (WK 1)</p> <ul style="list-style-type: none"> • how to re-centre myself after every shot and adopt a ready position. • why it is important in order to stay in rallies. <p>Extended Task.</p>	<p>Key Vocabulary</p> <p>Pressure</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 work with a doubles partner and which positions to adopt during a rally. 	<p>Key Vocabulary</p> <p>Doubles</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"> • how to serve with consistency to all areas of the service box. • where to attack after certain serves. 	<p>Key Vocabulary</p> <p>Service box</p>	<p>Homework</p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
--	---	---

PRT Task 2

<p>In LP4.6, I will know: 22/04/24 - (WK 2)</p> <ul style="list-style-type: none"> • how to analyse my opponent's weaknesses and apply pressure within a game. • how to work with a partner to protect weaknesses. <p>Extended Task.</p>	<p>Key Vocabulary</p> <p>Analyse</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 score and umpire a doubles game of badminton. • how to compete in a doubles tournament. 	<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 both a singles and doubles 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>
--