

## Year 7 Subject Learning Programme 3

The LORIC skill focus for his LP is: RESILIENCE The Moral Virtues focus for this LP are: RESPECT and JUSTICE	<b>Literacy:</b> <ul style="list-style-type: none"> <li>Capital letters must be used at the start of sentences and for the first letter of proper nouns</li> <li>Full stops must be used at the end of a sentence</li> <li>Question marks must be used at the end of a question</li> <li>Apostrophes should only be used for possession or omission</li> <li>Days of the week and months must be spelled correctly</li> <li>Key words must be spelled correctly</li> </ul>
Respect - treat others how you would wish to be treated yourself. Justice - our College rules are fair and reasonable.	
<b>What will I be learning about in this Learning Programme?</b> I will be learning about how to perform aesthetically pleasing gymnastics moves in relation to the themes of travel, balance and flight	
<b>Where have I seen this learning before?</b> I may have seen this if I compete or have gone to a gymnastics club. I could have also seen this if I watch high performance gymnastics in the media and watch the analysis show after a performance	
<b>What could I use it for?</b> develop my conditioning and improve my skill and physical components of fitness.	

<b>In LP3.1, I will know:</b>	<b>06/01/25 - (WK 2)</b>	<b>Key Vocabulary</b>	<b>Homework</b>
how to create various point and patch balances and understand the importance of body tension and aesthetics.		Aesthetics	Practice skills learned outside of the classroom at a Gymnastics club or watch a YouTube clip on how to apply them effectively.

<b>In LP3.2, I will know:</b>	<b>13/01/25 - (WK 1)</b>	<b>Key Vocabulary</b>	<b>Homework</b>
how to perform basic movement skills and rotations and travel effectively using a variety of methods; know how to analyse someone else's performance, picking out strengths and weaknesses in a positive way; know and demonstrate resilience improve a routine based on feedback.		Travel	Practice skills learned outside of the classroom at a Gymnastics club or watch a YouTube clip on how to apply them effectively.

<b>In LP3.3, I will know:</b>	<b>20/01/25 - (WK 2)</b>	<b>Key Vocabulary</b>	<b>Homework</b>
how to safely perform a variety of technically correct rotations; understand the principle of accelerating and slowing down rotations. the techniques for some rotations (e.g.) log, egg, dish, arch, teddy bear, sideways shoulder roll, forward roll, backward roll, cartwheel and roundoff.		Cartwheel	Practice skills learned outside of the classroom at a Gymnastics club or watch a YouTube clip on how to apply them effectively.

<b>In LP3.4, I will know:</b>	<b>27/01/25 - (WK 1)</b>	<b>Key Vocabulary</b>	<b>Homework</b>
how to replicate balances using counterbalance/ tension to maintain stability. and develop an understanding of body tension and centre of mass and the impact they can have on routines		Counter balance	Practice skills learned outside of the classroom at a Gymnastics club or watch a YouTube clip on how to apply them effectively.
Extended Task.			

<b>In LP3.5, I will know:</b>	<b>03/02/25 - (WK 2)</b>	<b>Key Vocabulary</b>	<b>Homework</b>
how to develop partnered balances ensuring body tension, levels and aesthetics; and demonstrate resilience and adaptability by acting on advice to improve the routine. how to create fluidity in the routines to produce higher quality work.		Body Tension	Practice skills learned outside of the classroom at a Gymnastics club or watch a YouTube clip on how to apply them effectively.

<b>In LP3.6, I will know:</b>	<b>10/02/25 - (WK 1)</b>	<b>Key Vocabulary</b>	<b>Homework</b>
how to alter and refine the routine choreography depending on the success of the movements and balances; how to be creative in finding ways of moving into and out of balances safely and aesthetically.		Choreography	Practice skills learned outside of the classroom at a Gymnastics club or watch a YouTube clip on how to apply them effectively.

<b>LP3 RLW, I will:</b>	<b>24/02/25 - (WK 2)</b>		
review my learning, recalling and applying key knowledge, and focus on closing any gaps in my knowledge.		Review	Practice skills learned outside of the classroom at a Gymnastics club or watch a YouTube clip on how to apply them

<b>In LP3.7, I will know:</b>	<b>03/03/25 - (WK 1)</b>	<b>Key Vocabulary</b>	<b>Homework</b>
how to alter and refine the routine choreography depending on the success of the movements and balances; how to be creative in finding ways of moving into and out of balances safely and aesthetically.		Flight	Practice skills learned outside of the classroom at a Gymnastics club or watch a YouTube clip on how to apply them effectively.
Extended Task.			

<b>Resources to support learning:</b>			
Your LP3 Knowledge Organiser			

<b>FFET Award Challenge for this Learning Programme:</b>			
Create a training programme to support the development of components of fitness in a sport of your choice.			

