

Year 8 PE Learning Programme 3

<p>The LORIC skill focus for this LP is: RESILIENCE The Moral Virtues focus for this LP are: RESPECT and JUSTICE</p> <p>Respect - treat others how you would wish to be treated yourself. Justice - our College rules are fair and reasonable.</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.</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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In LP3.1, I will know:	06/01/25 - (WK 2)	Key Vocabulary	Homework
and recall the four components of dance; what a motif is; how a motif responds to a stimulus.		Motif	Practice skills learned outside of the classroom or watch a youtube clip on how to apply them effectively.

In LP3.2, I will know:	13/01/25 - (WK 1)	Key Vocabulary	Homework
the important elements of time, beat, tempo, rhythm, duration and accent.		Time	Practice skills learned outside of the classroom or watch a youtube clip on how to apply them effectively.

In LP3.3, I will know:	20/01/25 - (WK 2)	Key Vocabulary	Homework
how to experiment with canon, unison, action and reaction movements.		Canon	Practice skills learned outside of the classroom or watch a youtube clip on how to apply them effectively.

In LP3.4, I will know:	27/01/25 - (WK 1)	Key Vocabulary	Homework
how to experiment with different space using air pathways, floor pathways, open and closed pathways.		Pathways	Practice skills learned outside of the classroom or watch a youtube clip on how to apply them effectively.
Extended Task.			

In LP3.5, I will know:	03/02/25 - (WK 2)	Key Vocabulary	Homework
how to experiment with different strong/light, direct/indirect, flowing/abrupt movement in small groups/duets.		Movements	Practice skills learned outside of the classroom or watch a youtube clip on how to apply them effectively.

In LP3.6, I will know:	10/02/25 - (WK 1)	Key Vocabulary	Homework
how to choreograph a set piece by creating motifs inspired by a provided stimulus. I will include the components of dance - timing, clarity and confidence.		Confidence	Practice skills learned outside of the classroom or watch a youtube clip on how to apply them effectively.

LP3 RLV, I will:	24/02/25 - (WK 2)		
review my learning, recalling and applying key knowledge, and focus on closing any gaps in my knowledge.			

In LP3.7, I will know:	03/03/25 - (WK 1)	Key Vocabulary	Homework
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.		Review	Practice skills learned outside of the classroom or watch a youtube clip on how to apply them effectively.
Extended Task.			

Resources to support learning:			
Youtube for specific skills and tips			

FFET Award Challenge for this Learning Programme:			
To lead a warm up for your class in a PE lesson.			

