

Year 9 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 Respect - treat others how you would wish to be treated yourself. Justice - our College rules are fair and reasonable.</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? Components of Fitness Fitness tests used to measure components of fitness Reasons for and limitations of fitness testing</p> <p>Where have I seen this learning before? Previous PE lessons Sports clubs/teams attended outside of school Youtube</p> <p>What could I use it for? Improving my own and other participants sporting performance</p>		
<p>In LP3.1, I will know:</p> <p>and understand the protocol for fitness tests used to measure aerobic endurance and muscular endurance. and perform in the fitness tests used to measure aerobic endurance and muscular endurance and compare my results with normative data.</p>	<p>06/01/25 - (WK 2)</p> <p>Key Vocabulary</p> <p>Aerobic Endurance</p>	<p>Homework</p> <p>Practice skills learnt outside of the classroom and watch youtube videos to consolidate learning.</p>
<p>In LP3.2, I will know:</p> <p>and understand the protocol for fitness tests used to measure muscular strength and speed. and perform in the fitness tests used to measure muscular strength and speed and compare my results with normative data.</p>	<p>13/01/25 - (WK 1)</p> <p>Key Vocabulary</p> <p>Speed</p>	<p>Homework</p> <p>Practice skills learnt outside of the classroom and watch youtube videos to consolidate learning.</p>
<p>In LP3.3, I will know:</p> <p>and understand the protocol for fitness tests used to measure flexibility and body composition. and perform in the fitness tests used to measure flexibility and body composition and compare my results with normative data.</p>	<p>20/01/25 - (WK 2)</p> <p>Key Vocabulary</p> <p>Flexibility</p>	<p>Homework</p> <p>Practice skills learnt outside of the classroom and watch youtube videos to consolidate learning.</p>
<p>In LP3.4, I will know:</p> <p>and understand reasons for and limitations of fitness testing and understand methods of training to improve each component of fitness</p> <p>Extended Task.</p>	<p>27/01/25 - (WK 1)</p> <p>Key Vocabulary</p> <p>Normative Data</p>	<p>Homework</p> <p>Practice skills learnt outside of the classroom and watch youtube videos to consolidate learning.</p>
<p>In LP3.5, I will know:</p> <p>and understand the protocol for fitness tests used to measure power and agility. and perform in the fitness tests used to measure power and agility and compare my results with normative data.</p>	<p>03/02/25 - (WK 2)</p> <p>Key Vocabulary</p> <p>Power</p>	<p>Homework</p> <p>Practice skills learnt outside of the classroom and watch youtube videos to consolidate learning.</p>
<p>In LP3.6, I will know:</p> <p>and understand the protocol for fitness tests used to measure reaction time and balance. and perform in the fitness tests used to measure reaction time and balance and compare my results with normative data.</p>	<p>10/02/25 - (WK 1)</p> <p>Key Vocabulary</p> <p>Balance</p>	<p>Homework</p> <p>Practice skills learnt outside of the classroom and watch youtube videos to consolidate learning.</p>
<p>LP3 RLW, I will:</p> <p>review my learning, recalling and applying key knowledge, and focus on closing any gaps in my knowledge.</p>	<p>24/02/25 - (WK 2)</p> <p>Key Vocabulary</p> <p>Reaction Time</p>	<p>Homework</p> <p>Practice skills learnt outside of the classroom and watch youtube videos to consolidate learning.</p>
<p>In LP3.7, I will know:</p> <p>and understand the protocol for fitness tests used to measure coordination. and perform in the fitness tests used to measure coordination and compare my results with normative data.</p> <p>Extended Task.</p>	<p>03/03/25 - (WK 1)</p> <p>Key Vocabulary</p> <p>Coordination</p>	<p>Homework</p> <p>Practice skills learnt outside of the classroom and watch youtube videos to consolidate learning.</p>
<p>Resources to support learning: BBC Bitesize Youtube</p>		
<p>FFET Award Challenge for this Learning Programme: Create a revision resource for fitness testing and components of fitness</p>		

PRT Task 1

PRT Task 2