

## Year 7 Girls 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><b>What will I be learning about in this Learning Programme?</b> How to safely participate in athletics events that include running, jumping and throwing, how to perform an improved technique for athletics events that include running, jumping and throwing, to know and understand how to officiate athletics events that include running, jumping and throwing and how to competitively perform in athletics events that include running, throwing and jumping.</p> <p><b>Where have I seen this learning before?</b> KS2 primary school, athletics events, Olympic Games and sports days.</p> <p><b>What could I use it for?</b> I could use and apply my new knowledge to extra-curricular, club sports links and club level competitions, I could also use this for a measure of my own personal performance in monitoring my own fitness and I could also apply my knowledge and understanding for the BTEC Sport Qualification.</p>		<p><b>Literacy:</b></p> <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>
<p><b>In LP4.1, I will know:</b> 10/03/25 - (WK 2)</p> <p>and understand how to safely prepare to throw the javelin and how to safely throw the shot putt, using safety zones and commands; how to perform the correct technique for throwing the javelin; and understand how to officiate and record a throw for the javelin; How to competitively perform in a javelin throwing competition.</p>	<p><b>Key Vocabulary</b></p> <p>Trajectory</p>	<p><b>Homework</b></p> <p>To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.</p>
<p><b>In LP4.2, I will know:</b> 17/03/25 - (WK 1)</p> <p>and understand how to safely prepare to throw the discus and how to safely throw the discus, using safety zones and commands; how to perform the correct technique for throwing the discus; and understand how to officiate and record a throw for the discus; how to competitively perform in discus throwing competition.</p>	<p><b>Key Vocabulary</b></p> <p>Torque</p>	<p><b>Homework</b></p> <p>To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.</p>
<p><b>In LP4.3, I will know:</b> 24/03/25 - (WK 2)</p> <p>and understand how to safely prepare to throw the shot putt and how to safely throw the shot putt, using safety zones and commands; how to perform the correct technique for throwing the shot putt; and understand how to officiate and record a throw for the shot putt; how to competitively perform in shot putt throwing competition.</p> <p>Extended Task.</p>	<p><b>Key Vocabulary</b></p> <p>Weight Transfer</p>	<p><b>Homework</b></p> <p>To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.</p>
<p><b>In LP4.4, I will know:</b> 31/03/25 - (WK 1)</p> <p>how to safely prepare for long distance running, track safety and track etiquette; how to apply pacing effectively to perform a long distance run; and understand how to officiate and record a long distance run; how to competitively perform in a long distance run.</p>	<p><b>Key Vocabulary</b></p> <p>Pacing</p>	<p><b>Homework</b></p> <p>To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.</p>
<p><b>In LP4.5, I will know:</b> 21/04/25 - (WK 2)</p> <p>how to safely prepare long jump; how to perform the four stages of long jump - approach, take off, flight and landing and why they are an important aspect of long jump; and understand how to officiate and record a jump for long jump; how to competitively perform in long jump competition.</p>	<p><b>Key Vocabulary</b></p> <p>Flight</p>	<p><b>Homework</b></p> <p>To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.</p>
<p><b>In LP4.6, I will know:</b> 28/04/25 - (WK 1)</p> <p>how to warm up safely for sprinting, track safety and track etiquette; how to perform a sprint start and why it is an important aspect of a sprinting event and how to use my knees and arms to develop the correct sprinting technique to maximise my speed; and apply the technique that I have learnt into a competitive, timed race and how to correctly officiate a sprinting event.</p> <p>Extended Task.</p>	<p><b>Key Vocabulary</b></p> <p>Power</p>	<p><b>Homework</b></p> <p>To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.</p>
<p><b>In LP4.7, I will know:</b> 05/05/25 - (WK 2)</p> <p>how to warm up safely for sprinting, track safety and track etiquette; how to correctly pass the baton to my team mate during a relay race to include: position of the baton, my arm, where to place the baton; how to correctly receive the baton from a team mate to include: hand position;</p>	<p><b>Key Vocabulary</b></p> <p>Reaction Time</p>	<p><b>Homework</b></p> <p>To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.</p>
<p><b>Resources to support learning:</b></p> <p><a href="https://www.englangathletics.org/">https://www.englangathletics.org/</a> Fitness apps such as Apple Fitness or Map my Run.</p>		
<p><b>FFET Award Challenge for this Learning Programme:</b></p> <p>To attend at least one extra-curricular club a week for the 7 week learning programme.</p>		

