



Year 9 Mixed KS3 Core PE **Learning Programme 4**

The LORIC skill focus for his LP is: INITIATIVE.		Literacy:
The Moral Virtues focus for this LP are: INTEGRITY and GRATITUDE.		 Capital letters must be used at the start
Integrity - Having strong moral principles.		of sentences and for the first letter of
		proper nouns
Gratitude - Feeling and expressing thanks.		Full stops must be used at the end of a
What will I be learning about in this Learning Programme?		sentence
How to safely participate in athletics events that include running, jumping and throwing.		Question marks must be used at the
How to perform an improved technique for athletics events that include running, jumping and throwing.		end of a question
To know and understand how to officiate athletics events that include running, jumping and throwing.		Apostrophes should only be used for
How to competitively perform in athletics events that include running, throwing and jumping.		possession or omission
Where have I seen this learning before?		Days of the week and months must be
KS2 primary school, athletics events, Olympic Games and sports days.		spelled correctly
		Key words must be spelled correctly
		ney words must be spened correctly
What could I use it for?		
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.		
I could also apply my knowledge and understanding for the BTEC Sport Qualification.		
r could also apply my knowledge and understanding for the DTEC sport Qualification.		
In LP4.1, I will know: 10/03/25 - (WK 2)	Mary Manahadana	Hamanian de
and understand how to safely prepare to throw the shot putt and how to safely throw the shot putt, using safety zones and commands;	Key Vocabulary	Homework To attend and engage in an extra-
how to perform the correct technique for throwing the shot putt;		curricular PE or sports club to further
know and understand how to officiate and record a throw for the shot putt;	Weight transfer	
• /	weight transfer	improve my components of fitness.
how to competitively perform in shot putt throwing competition.		
In LP4.2, I will know: 17/03/25 - (WK 1)	Vou Vocabulanu	Homework
	Key Vocabulary	
and understand how to safely prepare to throw the javelin and how to safely throw the shot putt, using safety zones and commands;		To attend and engage in an extra-
how to perform the correct technique for throwing the javelin;	Taria da a	curricular PE or sports club to further
know and understand how to officiate and record a throw for the javelin;	Trajectory	improve my components of fitness.
how to competitively perform in a javelin throwing competition.		
In IPA 2 Lwill know: 24/02/25 - (WK 2)	Vou Vocabulanu	Homowork
In LP4.3, I will know: 24/03/25 - (WK 2) and understand how to cafely prepare to throw the discuss and how to cafely throw the discuss and commands:	Key Vocabulary	Homework To attend and engage in an extra
and understand how to safely prepare to throw the discus and how to safely throw the discuss, using safety zones and commands;	Key Vocabulary	To attend and engage in an extra-
and understand how to safely prepare to throw the discus and how to safely throw the discuss, using safety zones and commands; how to perform the correct technique for throwing the discus;		To attend and engage in an extra- curricular PE or sports club to further
and understand how to safely prepare to throw the discus and how to safely throw the discuss, using safety zones and commands; how to perform the correct technique for throwing the discus; know and understand how to officiate and record a throw for the discuss; how to competitively perform in discuss throwing	Key Vocabulary Torque	To attend and engage in an extra-
and understand how to safely prepare to throw the discus and how to safely throw the discuss, using safety zones and commands; how to perform the correct technique for throwing the discus; know and understand how to officiate and record a throw for the discuss; how to competitively perform in discuss throwing competition.		To attend and engage in an extra- curricular PE or sports club to further
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and understand how to safely prepare to throw the discus and how to safely throw the discuss, using safety zones and commands; how to perform the correct technique for throwing the discus; know and understand how to officiate and record a throw for the discuss; how to competitively perform in discuss throwing competition. Extended Task. In LP4.4, I will know: 31/03/25 - (WK 1) how to warm up safely for sprinting, track safety and track etiquette;	Torque	To attend and engage in an extra- curricular PE or sports club to further improve my components of fitness. Homework To attend and engage in an extra-
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and understand how to safely prepare to throw the discus and how to safely throw the discuss, using safety zones and commands; how to perform the correct technique for throwing the discus; know and understand how to officiate and record a throw for the discuss; how to competitively perform in discuss throwing competition. Extended Task. In LP4.4, I will know: 11/03/25 - (WK 1) 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; 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; how to correctly officiate an athlete taking part in a sprinting event. In LP4.5, I will know: 11/04/25 - (WK 2) 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. In LP4.6, I will know: 12/04/25 - (WK 1) 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. Extended Task. In LP4.7, I will know: 10/05/25 - (WK 2) how to warm up safely for sprinting, track safety and track etiquette; how to correctly pass and receive the baton using the own sweep technique;	Torque Key Vocabulary Power Key Vocabulary Pacing Key Vocabulary Flight	To attend and engage in an extracurricular PE or sports club to further improve my components of fitness. Homework To attend and engage in an extracurricular PE or sports club to further improve my components of fitness. Homework To attend and engage in an extracurricular PE or sports club to further improve my components of fitness. Homework To attend and engage in an extracurricular PE or sports club to further improve my components of fitness. Homework To attend and engage in an extracurricular PE or sports club to further improve my components of fitness.
and understand how to safely prepare to throw the discus and how to safely throw the discuss, using safety zones and commands; how to perform the correct technique for throwing the discus; know and understand how to officiate and record a throw for the discuss; how to competitively perform in discuss throwing competition. Extended Task. In LP4.4, I will know: Now 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; 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; how to correctly officiate an athlete taking part in a sprinting event. In LP4.5, I will know: 1/2104/25 - (WK 2) 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. In LP4.6, I will know: 28/04/25 - (WK 1) 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; how to perform the four stages of long jump competition. Extended Task. In LP4.7, I will know: 05/05/25 - (WK 2) how to warm up safely for sprinting, track safety and track etiquette; how to correctly pass and receive the baton using the own sweep technique; where to stand using the correct rules and regulations;	Torque Key Vocabulary Power Key Vocabulary Pacing Key Vocabulary Flight	To attend and engage in an extracurricular PE or sports club to further improve my components of fitness. Homework To attend and engage in an extracurricular PE or sports club to further improve my components of fitness. Homework To attend and engage in an extracurricular PE or sports club to further improve my components of fitness. Homework To attend and engage in an extracurricular PE or sports club to further improve my components of fitness. Homework To attend and engage in an extracurricular PE or sports club to further improve my components of fitness.
and understand how to safely prepare to throw the discus and how to safely throw the discus, so to perform the correct technique for throwing the discus; know and understand how to officiate and record a throw for the discuss; how to competitively perform in discuss throwing competition. Extended Task. In LP4.4, I will know: 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; 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; how to correctly officiate an athlete taking part in a sprinting event. In LP4.5, I will know: 12/104/25 - (WK 2) 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. In LP4.6, I will know: 18/04/25 - (WK 1) 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. Extended Task. In LP4.7, I will know: 05/05/25 - (WK 2) how to warm up safely for sprinting, track safety and track etiquette; how to correctly pass and receive the baton using the own sweep technique;	Torque Key Vocabulary Power Key Vocabulary Pacing Key Vocabulary Flight Key Vocabulary	To attend and engage in an extracurricular PE or sports club to further improve my components of fitness. Homework To attend and engage in an extracurricular PE or sports club to further improve my components of fitness. Homework To attend and engage in an extracurricular PE or sports club to further improve my components of fitness. Homework To attend and engage in an extracurricular PE or sports club to further improve my components of fitness. Homework To attend and engage in an extracurricular PE or sports club to further improve my components of fitness.



https://www.englandathletics.org/

Fitness apps such as Apple Fitness or Map my Run.

To attend at least one extra-curricular club a week for the 7 week learning programme.