

Year 10 PE

PRT Task

PRT Task



Learning Programme 5

		Literacy:
The Moral Virtues focus for this LP are: COURAGE and HUMILITY.		 Capital letters must be used at the of sentences and for the first letter of
Courage - Acting with bravery and overcoming fears.		proper nouns
Iumility - Having a modest view of oneself.		 Full stops must be used at the end
Nhat will I be learning about in this Learning Programme?		sentence
will be learning the correct techniques to perform a range of fielding, bowling and batting skills to outwit an opponent in a game of cricket.		Question marks must be used at the
		end of a question
		 Apostrophes should only be used to
Where have I seen this learning before?		possession or omission
I will have seen this learning in previous core PE lessons in previous years.		 Days of the week and months must an all a grant at the
		spelled correctlyKey words must be spelled correct
		• Key words must be spened correct
Nhat could I use it for?		
could use the skills that I learn to be a competent cricket player at an extra curricular or local cricket club.		
n LP5.1, I will know: 12/05/25 - (WK 1)	Key Vocabulary	Homework
now to warm up safely for sprinting, track safety and track etiquette;		To attend and engage in an extra-
now to correctly pass and receive the baton using the own sweep technique;		curricular PE or sports club to furthe
where to stand using the correct rules and regulations;	Power	improve my components of fitness.
now to correctly officiate an athlete taking part in a relay sprinting event;		
n LP5.2, I will know: 19/05/25 - (WK 2)	Key Vocabulary	Homework
now to warm up safely for sprinting, track safety and track etiquette;		To attend and engage in an extra- curricular PE or sports club to furthe
now to correctly pass and receive the baton using the own sweep technique; where to stand using the correct rules and regulations;	Reaction time	improve my components of fitness.
now to correctly officiate an athlete taking part in a relay sprinting event;	Reaction time	improve my components of nuless.
.P5 RLW, I will: 02/06/25 - (WK 1)		
		To attend and engage in an extra-
eview my learning, recalling and applying key knowledge, and focus on closing any gaps in my knowledge.	Free hit	curricular PE or sports club to furthe
		improve my components of fitness.
n LP5.3, I will know: 09/05/25 - (WK 2)	Key Vocabulary	Homework
recap and model the correct fielding technique when performing the long and short barrier.		To attend and engage in an extra-
•and model the overarm throw with accuracy when under pressure in a competitive situation.		curricular PE or sports club to furthe
	Bouncer	improve my components of fitness.
Extended Task.		
		Homework
n LP5.4, I will know: 16/06/25 - (WK 1)	Key Vocabulary	
recap and model the correct technique when bowling seam with accuracy.	Key Vocabulary	To attend and engage in an extra-
		To attend and engage in an extra- curricular PE or sports club to furthe
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