

Year 10 PE

Learning Programme 5

The LORIC skill focus for his LP is: COMMUNICATION. The Moral Virtues focus for this LP are: COURAGE and HUMILITY. Courage - Acting with bravery and overcoming fears. Humility - Having a modest view of oneself. What will I be learning about in this Learning Programme? I 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. Where have I seen this learning before? I will have seen this learning in previous core PE lessons in previous years. What could I use it for? I could use the skills that I learn to be a competent cricket player at an extra curricular or local cricket club.			Literacy: <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
In LP5.1, I will know:	12/05/25 - (WK 1)	Key Vocabulary	Homework
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; how to correctly officiate an athlete taking part in a relay sprinting event;		Power	To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.
In LP5.2, I will know:	19/05/25 - (WK 2)	Key Vocabulary	Homework
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; how to correctly officiate an athlete taking part in a relay sprinting event;		Reaction time	To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.
LP5 RLW, I will:	02/06/25 - (WK 1)		
review my learning, recalling and applying key knowledge, and focus on closing any gaps in my knowledge.		Free hit	To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.
In 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. •and model the overarm throw with accuracy when under pressure in a competitive situation. Extended Task.		Bouncer	To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.
In LP5.4, I will know:	16/06/25 - (WK 1)	Key Vocabulary	Homework
•recap and model the correct technique when bowling seam with accuracy. •and model the correct grip and technique when bowling spin with accuracy to outwit and opponent.		Beamer	To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.
In LP5.5, I will know:	23/06/25 - (WK 2)	Key Vocabulary	Homework
•recap and model the correct grip and stance when batting. •and model a range of attacking shots which can be used when batting.		Pull shot	To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.
In LP5.6, I will know:	30/06/25 - (WK 1)	Key Vocabulary	Homework
•and model a range of defensive shots which can be used when batting. •and model a range of attacking and defensive shots under pressure in a competitive situation. Extended Task.		Cover drive	To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.
In LP5.7, I will know:	07/06/25 - (WK 2)	Key Vocabulary	Homework
and apply what I have learnt into a competitive game during an interform competition.		Crease	To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.
Resources to support learning: YouTube - used to watch correct technique for different skills.			
FFET Award Challenge for this Learning Programme:			

PRT Task 1

PRT Task 2