

Year 7 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.			Literacy: <ul style="list-style-type: none">Capital letters must be used at the start of sentences and for the first letter of proper nounsFull stops must be used at the end of a sentenceQuestion marks must be used at the end of a questionApostrophes should only be used for possession or omissionDays of the week and months must be spelled correctlyKey words must be spelled correctly	
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.				
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
different types of catching styles to catch the ball low and high. How to perform the long barrier technique correctly to stop the ball.			Bouncer	To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.
Extended Task.				
In LP5.4, I will know:		16/06/25 - (WK 1)	Key Vocabulary	Homework
how to attack the ball and get in line to prevent an opponent from scoring a run. How to accurately throw the ball under and overarm to the wicket keeper.			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
how to hold and grip the ball when bowling seam and how to bowl with accuracy. How to hold and grip the ball when bowling spin and how to bowl with accuracy.			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
how to stand correctly when batting. how to correctly perform a forward defensive and attacking shot.			Cover drive	To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.
Extended Task.				
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