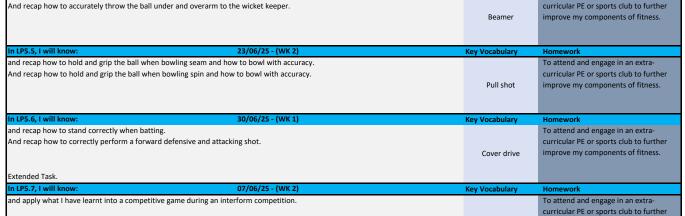




## Year 8 PE

**Learning Programme 5** The LORIC skill focus for his LP is: COMMUNICATION. Literacy: Capital letters must be used at the start The Moral Virtues focus for this LP are: COURAGE and HUMILITY. of sentences and for the first letter of Courage - Acting with bravery and overcoming fears. proper nouns Humility - Having a modest view of oneself. • Full stops must be used at the end of a What 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 for possession or omission Where have I seen this learning before? Days of the week and months must be will have seen this learning in previous core PE lessons in previous years. spelled correctly Key words must be spelled correctly 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. how to warm up safely for sprinting, track safety and track etiquette; To attend and engage in an extrahow to correctly pass and receive the baton using the own sweep technique; curricular PE or sports club to further where to stand using the correct rules and regulations; Power improve my components of fitness. how to correctly officiate an athlete taking part in a relay sprinting event; how to warm up safely for sprinting, track safety and track etiquette; To attend and engage in an extrahow to correctly pass and receive the baton using the own sweep technique; curricular PE or sports club to further where to stand using the correct rules and regulations; Reaction time improve my components of fitness. how to correctly officiate an athlete taking part in a relay sprinting event; .P5 RLW, I will: 02/06/25 - (WK 1) To attend and engage in an extrareview my learning, recalling and applying key knowledge, and focus on closing any gaps in my knowledge. curricular PE or sports club to further Free hit improve my components of fitness. and recap different types of catching styles to catch the ball low and high. To attend and engage in an extra-And recap how to perform the long barrier technique correctly to stop the ball. curricular PE or sports club to further improve my components of fitness. Bouncer Extended Task and recap how to attack the ball and get in line to prevent an opponent from scoring a run. To attend and engage in an extra-





Crease

improve my components of fitness.



ouTube - used to watch correct technique for different skills.