

## Year 10 PE - Rounders

### Learning Programme 5

The LORIC skill focus for this 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?

Where have I seen this learning before?

What could I use it for?

Joining clubs outside of school and representing the school in rounders.

**Literacy:**

- 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
and understand how to safely prepare to throw the javelin and how to safely throw the javelin, using safety zones and commands; how to perform the correct technique for throwing the javelin; and understand how to officiate and record a throw for the javelin; How to competitively perform in a javelin throwing competition.		Trajectory	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 the baton to my team mate during a relay race to include: position of the baton, my arm, where to place the baton; how to correctly receive the baton from a team mate to include: hand position;		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.			
In LP5.3, I will know:	09/05/25 - (WK 2)	Key Vocabulary	Homework
and accurately replicate fielding and throwing skills in a pressurised situation; how to retrieve and pass a ball effectively and quickly to where it needs to go; to keep contact with posts and how to swipe the post away from the batter.		Accuracy	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 develop my bowling; how to use a choice of bowls depending on batter - spin and slow balls		Spin	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 successfully bat under pressure; how to recognise spin and change my hit to ensure that you beat the spin; how to put more power on the ball; how to aim the ball into a space in the field.		Power	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 fielders can support each other; how to judge/anticipate batters hit and create tactics to outwit the opposition; fielding position and who to pass to and when.		Anticipate	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
how to use leadership to encourage and guide others; how to communicate; how to apply skills taught into a game; how to use different tactics in a game.		Leadership	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