

Year 7 PE - Rounders

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? How to use a range of skills and tactics to successfully outwit opponents in rounders. Where have I seen this learning before? I might have covered some of these in my KS2 lessons and during extra curricular clubs What could I use it for? Joining clubs outside of school and representing the school in rounders.		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	
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 perform a sprint start and why it is an important aspect of a sprinting event and how to use my knees and arms to develop the correct sprinting technique to maximise my speed; and apply the technique that I have learnt into a competitive, timed race and how to correctly officiate a 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 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
how to use different types of throws in rounders (underarm and overarm); which throws are more beneficial in different situations.		Overarm	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 use the long barrier technique when fielding; how to correctly bowl a ball in rounders.		Long Barrier	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
the correct stance and grip when batting; how to time my swing to be able to hit the ball.		Stance	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 hit into a space; timing and accuracy when bowling; which two posts are the 'scoring' posts.		Accuracy	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.		Tactics	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