Year 9   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 would have covered areas in my KS3 lessons

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
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**
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. Extended Task.	Accuracy	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**
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. Extended Task.	Anticipate	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**
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.

PRT Task 1

PRT Task 2

Resources to support learning:
YouTube - used to watch correct technique for different skills.

FFET Award Challenge for this Learning Programme: