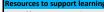




Year 10 Mixed Softball **Learning Programme 5**

Learning Frogramme 3		
The LORIC skill focus for his LP is: COMMUNICATION.		Literacy:
The Moral Virtues focus for this LP are: COURAGE and HUMILITY.		Capital letters must be used at the star
Courage - Acting with bravery and overcoming fears.		of sentences and for the first letter of
Humility - Having a modest view of oneself.		proper nouns
		 Full stops must be used at the end of a
What will I be learning about in this Learning Programme?	thall	sentence
I will be learning the correct techniques to perform a range of fielding, pitching and batting skills to outwit an opponent in a game of soft	LDaii.	Question marks must be used at the
		end of a question
		Apostrophes should only be used for
Where have I seen this learning before?		possession or omission Days of the week and months must be
I will have seen this learning in previous core PE lessons in previous years.		spelled correctly
		Key words must be spelled correctly
		ne, words must be spened correctly
What could I use it for?		
I could use the skills that I learn to be a competent softball player at an extra curricular or local softball club. I will also be able to apply n	ny knowledge of a	
range of different activities to BTEC Sport lessons.		
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;	ncy vocasulary	To attend and engage in an extra-
how 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;		
g, and any and a second grant and gr		
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;		To attend and engage in an extra-
how 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;		
LP5 RLW, I will: 02/06/25 - (WK 1)		
LP5 RLW, I will: 02/06/25 - (WK 1)		
LPS 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.		
	Key Vocabulary	Homework
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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	
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) *recap and model the correct fielding technique when performing the long and short barrier.	Key Vocabulary Barrier	To attend and engage in an extra-
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https://www.britishsoftball.org/

YouTube - used to watch correct technique for different skills.

FFET Award Challenge for this Learning Programme:
To provide the PE Department with a picture of you training/representing your school, club or county in any summer sports.