

## Year 7 Mixed Softball

### 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?**

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 softball.

**Where have I seen this learning before?**

I will have seen this learning in primary PE lessons in previous years.

**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 my knowledge of a range of different activities to BTEC Sport lessons.

**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 correctly pass and receive the baton using the own sweep technique; where to stand using the correct rules and regulations; how to correctly officiate an athlete taking part in a relay 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 and receive the baton using the own sweep technique; where to stand using the correct rules and regulations; how to correctly officiate an athlete taking part in a relay sprinting event;		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
•Learn and model the correct fielding technique when performing the long and short barrier. •and model the overarm throw with accuracy when under pressure in a competitive situation.		Barrier	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
•recap and model the correct technique when pitching. •and model the correct grip and technique when pitching step accuracy to generate power and outwit and opponent.		Rotation	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
•Learn and model the correct grip and stance when batting. •and model a range of attacking shots which can be used when batting.		Coordination	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
•Learn a defensive shot, bunting, which can be used when batting.		Bunt	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
Apply what I have learnt into a competitive game during an interform competition.		Runs	To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.
Resources to support learning:			
<a href="https://www.britishsoftball.org/">https://www.britishsoftball.org/</a> YouTube - used to watch correct technique for different skills. <a href="https://www.brianmac.co.uk/">https://www.brianmac.co.uk/</a>			
FEET 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.			

PRT Task 1

PRT Task 2