

Year 8 PE Boys

Learning Programme 4

<p>The LORIC skill focus for his LP is: INITIATIVE. The Moral Virtues focus for this LP are: INTEGRITY and GRATITUDE.</p> <p>Integrity - Having strong moral principles. Gratitude - Feeling and expressing thanks.</p> <p>What will I be learning about in this Learning Programme? How to safely participate in athletics events that include running, jumping and throwing.</p> <p>How to perform an improved technique for athletics events that include running, jumping and throwing.</p> <p>Where have I seen this learning before? KS2 primary school, athletics events, Olympic Games and sports days.</p> <p>What could I use it for? I could use and apply my new knowledge to extra-curricular, club sports links and club level competitions.</p> <p>I could also use this for a measure of my own personal performance in monitoring my own fitness.</p>		<p>Literacy:</p> <ul style="list-style-type: none"> 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
<p>In LP4.1, I will know: 10/03/25 - (WK 2)</p> <p>Know and understand how to safely prepare to throw the discus and how to safely throw the discus, using safety zones and commands; how to perform the correct technique for throwing the discus; know and understand how to officiate and record a throw for the discus;</p>	<p>Key Vocabulary</p> <p>Torque</p>	<p>Homework</p> <p>To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.</p>
<p>In LP4.2, I will know: 17/03/25 - (WK 1)</p> <p>Know and understand how to safely prepare to throw the shot putt and how to safely throw the shot putt, using safety zones and commands; how to perform the correct technique for throwing the shot putt; know and understand how to officiate and record a throw for the shot putt;</p>	<p>Key Vocabulary</p> <p>Weight transfer</p>	<p>Homework</p> <p>To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.</p>
<p>In LP4.3, I will know: 24/03/25 - (WK 2)</p> <p>Know and understand how to safely prepare to throw the javelin and how to safely throw the shot putt, using safety zones and commands; How to perform the correct technique for throwing the javelin; know and understand how to officiate and record a throw for the javelin; Extended Task.</p>	<p>Key Vocabulary</p> <p>Trajectory</p>	<p>Homework</p> <p>To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.</p>
<p>In LP4.4, I will know: 31/03/25 - (WK 1)</p> <p>"how to safely prepare long jump; how to perform the four stages of long jump - approach, take off, flight and landing and why they are an important aspect of long jump; and understand how to officiate and record a jump for long jump;</p>	<p>Key Vocabulary</p> <p>Flight</p>	<p>Homework</p> <p>To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.</p>
<p>In LP4.5, I will know: 21/04/25 - (WK 2)</p> <p>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; 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;</p>	<p>Key Vocabulary</p> <p>Power</p>	<p>Homework</p> <p>To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.</p>
<p>In LP4.6, I will know: 28/04/25 - (WK 1)</p> <p>how to safely prepare for long distance running, track safety and track etiquette; how to apply pacing effectively to perform a long distance run; and understand how to officiate and record a long distance run;</p> <p>Extended Task.</p>	<p>Key Vocabulary</p> <p>Pacing</p>	<p>Homework</p> <p>To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.</p>
<p>In LP4.7, I will know: 05/05/25 - (WK 2)</p> <p>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;</p>	<p>Key Vocabulary</p> <p>Reaction time</p>	<p>Homework</p> <p>To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.</p>
<p>Resources to support learning: "https://www.englishathletics.org/ Fitness apps such as Apple Fitness or Map my Run.📱</p>		
<p>FFET Award Challenge for this Learning Programme: To develop a coaching task card for an Athletics event.</p>		

