

Year 8 PE Girls

Learning Programme 4

<p>The LORIC skill focus for his LP is: INITIATIVE.</p> <p>The Moral Virtues focus for this LP are: INTEGRITY and GRATITUDE.</p> <p>Integrity - Having strong moral principles.</p> <p>Gratitude - Feeling and expressing thanks.</p> <p>What will I be learning about in this Learning Programme?</p> <p>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?</p> <p>KS2 primary school, athletics events, Olympic Games and sports days.</p> <p>What could I use it for?</p> <p>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
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In LP4.1, I will know:	10/03/25 - (WK 2)	Key Vocabulary	Homework
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;		Tradjjectory	To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.
In LP4.2, I will know:	17/03/25 - (WK 1)	Key Vocabulary	Homework
Know and understand how to safely prepare to throw the discus and how to safely throw the discuss, 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 discuss;		Torque	To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.
In LP4.3, I will know:	24/03/25 - (WK 2)	Key Vocabulary	Homework
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; Extended Task.		Weight transfer	To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.
In LP4.4, I will know:	31/03/25 - (WK 1)	Key Vocabulary	Homework
how to safely prepare for long distance running, track safety and track ettiquette; how to apply pacing effectively to perform a long distance run; and understand how to officiate and record a long distance run;		Pacing	To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.
In LP4.5, I will know:	21/04/25 - (WK 2)	Key Vocabulary	Homework
"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;		Flight	To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.
In LP4.6, I will know:	28/04/25 - (WK 1)	Key Vocabulary	Homework
How to warm up safely for sprinting, track safety and track ettiquette; 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; Extended Task.		Power	To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.
In LP4.7, I will know:	05/05/25 - (WK 2)	Key Vocabulary	Homework
How to warm up safely for sprinting, track safety and track ettiquette; 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.

Resources to support learning:
<https://www.englangathletics.org/>
 Fitness apps such as Apple Fitness or Map my Run.

FFET Award Challenge for this Learning Programme:
 To develop a coaching task card for an Athletics event.

