

Year 9 Mixed PE Learning Programme 4

<p>The LORIC skill focus for this LP is: INITIATIVE.</p> <p>The Moral Virtues focus for this LP are: INTEGRITY and GRATITUDE.</p> <p>Integrity - Having strong moral principles. I will show integrity by taking responsibility for my actions.</p> <p>Gratitude - Feeling and expressing thanks. I will show gratitude by saying please and thank you.</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 Non-Negotiables:</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 • Vocabulary to be taught using the Frayer model
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In LP4.1, I will know:	09/03/26 - (WK 2)	Frayer Model Words	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;		Weight transfer	Attend extra curricular clubs to further develop skills you have looked at this LP

In LP4.2, I will know:	16/03/26 - (WK 1)	Frayer Model Words	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;		Trajectory	Attend extra curricular clubs to further develop skills you have looked at this LP

In LP4.3, I will know:	23/03/26 - (WK 2)	Frayer Model Words	Homework
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; Extended Task.		Torque	Attend extra curricular clubs to further develop skills you have looked at this LP

In LP4.4, I will know:	13/04/26 - (WK 1)	Frayer Model Words	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; 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;		Power	Attend extra curricular clubs to further develop skills you have looked at this LP

In LP4.5, I will know:	20/04/26 - (WK 2)	Frayer Model Words	Homework
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; how to competitively perform in a long distance run.		Pacing	Attend extra curricular clubs to further develop skills you have looked at this LP

In LP4.6, I will know:	27/04/26 - (WK 1)	Frayer Model Words	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; how to competitively perform in long jump competition. Extended Task.		Flight	Attend extra curricular clubs to further develop skills you have looked at this LP

In LP4.7, I will know:	04/05/26 - (WK 2)	Frayer Model Words	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	Attend extra curricular clubs to further develop skills you have looked at this LP

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

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

