

Year 10 Sport Learning Programme 4

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| <p>The LORIC skill focus for this LP is: INITIATIVE. 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. 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? How to successfully complete a warm up.</p> <p>Where have I seen this learning before? In PE lessons, for the start of taking part in activity.</p> <p>What could I use it for? Teaching your own lessons; preparing to train.</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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| <p>In LP4.1, I will know:</p> <p>how to perform a successful warm up; and understand the key cardio-respiratory and musculoskeletal responses to a warm up.</p> | <p>09/03/26 - (WK 2)</p> <p>Frayer Model Words</p> <p>Responses</p> | <p>Homework</p> <p>Ever learner task</p> |
| <p>In LP4.2, I will know:</p> <p>how to lead my warm up and practise in groups.</p> | <p>16/03/26 - (WK 1)</p> <p>Frayer Model Words</p> <p>Adaptations</p> | <p>Homework</p> <p>Ever learner task</p> |
| <p>In LP4.3, I will know:</p> <p>and complete component 1 Task 3b</p> <p>Extended Task.</p> | <p>23/03/26 - (WK 2)</p> <p>Frayer Model Words</p> <p>Session Plan</p> | <p>Homework</p> <p>Ever learner task</p> |
| <p>In LP4.4, I will know:</p> <p>and complete component 1 Task 3b</p> | <p>13/04/26 - (WK 1)</p> <p>Frayer Model Words</p> <p>Leadership</p> | <p>Homework</p> <p>Ever learner task</p> |
| <p>In LP4.5, I will know:</p> <p>and complete component 1 Task 3b and any other remaining coursework. understand the different fitness components and how they are linked to different sports.</p> | <p>20/04/26 - (WK 2)</p> <p>Frayer Model Words</p> <p>Component of Fitness</p> | <p>Homework</p> <p>Ever learner task</p> |
| <p>In LP4.6, I will know:</p> <p>and complete component 1 Task 3b and any other remaining coursework. and begin to complete Component 2 task 1.</p> <p>Extended Task.</p> | <p>27/04/26 - (WK 1)</p> <p>Frayer Model Words</p> <p>Positive Impact</p> | <p>Homework</p> <p>Ever learner task</p> |
| <p>In LP4.7, I will know:</p> <p>and complete component 1 Task 3b and any other remaining coursework. and begin to complete Component 2 task 1.</p> | <p>04/05/26 - (WK 2)</p> <p>Frayer Model Words</p> <p>Negative Impact.</p> | <p>Homework</p> <p>Ever learner task</p> |
| <p>Resources to support learning:</p> <p>Everlearner; Knowledge organiser.</p> | | |
| <p>FFET Award Challenge for this Learning Programme:</p> <p>Year 10 BTEC: To develop a coaching resource for delivering a warm up.</p> | | |

