

Year 10

Learning Programme 5

<p>The LORIC skill focus for his LP is: COMMUNICATION. The Moral Virtues focus for this LP are: COURAGE and HUMILITY.</p> <p>Courage - Acting with bravery and overcoming fears. Humility - Having a modest view of oneself.</p> <p>What will I be learning about in this Learning Programme? Fitness components and how they are applied to different sports. How referees and umpires use different equipment to officiate</p> <p>Where have I seen this learning before? In previous PE lessons and applied to our component 1 assessments.</p> <p>What could I use it for? This unit can be used for you to apply to your own coaching and training for your own sport. PSA Task 1 and 3</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 LP5.1, I will know:</p> <p>the different physical related fitness components the different skill related fitness components and complete my PSA Component 2 task 1 assignment</p>	<p>11/05/26 - (WK 1)</p> <p>Physical component</p>	<p>Key Vocabulary</p> <p>Homework</p> <p>Ever learner task</p>
<p>In LP5.2, I will know:</p> <p>how to complete my PSA Component 2, task 1 assignment.</p>	<p>18/05/26 - (WK 2)</p> <p>Skill related component</p>	<p>Key Vocabulary</p> <p>Homework</p> <p>Ever learner task</p>
<p>LP5 RLW, I will:</p> <p>review my learning, recalling and applying key knowledge, and focus on closing any gaps in my knowledge.</p>	<p>01/06/26 - (WK 1)</p>	<p>Key Vocabulary</p> <p>Homework</p> <p>Use revision techniques to prepare for the summative assessment.</p>
<p>In LP5.3, I will know:</p> <p>how to complete my PSA Component 2, task 1 assignment</p> <p>Extended Task.</p>	<p>08/05/26 - (WK 2)</p> <p>Body mass</p>	<p>Key Vocabulary</p> <p>Homework</p> <p>Ever learner task</p>
<p>In LP5.4, I will know:</p> <p>the equipment around referees and how they use equipment to officiate a game. the technical areas around refereeing in a sport. And complete my Component 2, task 3 assignment</p>	<p>15/06/26 - (WK 1)</p> <p>Fitness testing</p>	<p>Key Vocabulary</p> <p>Homework</p> <p>Ever learner task</p>
<p>In LP5.5, I will know:</p> <p>how to complete my Component 2, task 3 assignment</p>	<p>22/06/26 - (WK 2)</p> <p>Adaptations</p>	<p>Key Vocabulary</p> <p>Homework</p> <p>Ever learner task</p>
<p>In LP5.6, I will know:</p> <p>how to complete my Component 2, task 3 assignment</p> <p>Extended Task.</p>	<p>29/06/26 - (WK 1)</p> <p>Officiating</p>	<p>Key Vocabulary</p> <p>Homework</p> <p>Ever learner task</p>
<p>In LP5.7, I will know:</p> <p>how to complete my Component 2, task 3 assignment</p>	<p>06/07/26 - (WK 2)</p> <p>Coaching</p>	<p>Key Vocabulary</p> <p>Homework</p> <p>Ever learner task</p>
<p>Resources to support learning: The Ever Learner</p>		
<p>FFET Award Challenge for this Learning Programme: To develop a coaching plan in preparation for your component 2 tasks.</p>		

