

Year 7 PE

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? The knowledge and understanding to perform the skills required to be a competent cricket/rounders player.</p> <p>Where have I seen this learning before? This learning may have been seen before in KS2 primary school PE lessons.</p> <p>What could I use it for? I could use the skills I learn to join a local cricket or rounders team or to take part in extra curricular striking and fielding opportunities</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>Demonstrate the correct "V" grip on the bat. Establish a balanced, side-on batting stance. Identify the three stumps and the concept of protecting the wicket.</p>	<p>11/05/26 - (WK 1)</p>	<p>Key Vocabulary</p> <p>Alignment</p>	<p>Homework</p> <p>To attend extra curricular club to further develop my skills in striking and fielding</p>
<p>In LP5.2, I will know:</p> <p>Perform a front-foot drive with the leading elbow pointing towards the target. Execute a defensive block to a ball aimed at the stumps. Step towards the pitch of the ball to maintain balance.</p>	<p>18/05/26 - (WK 2)</p>	<p>Key Vocabulary</p> <p>Contact</p>	<p>Homework</p> <p>To attend extra curricular club to further develop my skills in striking and fielding</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>Homework</p> <p>To attend extra curricular club to further develop my skills in Cricket</p>
<p>In LP5.3, I will know:</p> <p>Demonstrate the rocking horse motion (transferring weight back to front). Keep the bowling arm straight throughout the delivery stride. Consistently land the ball on the pitch (the grass area).</p> <p>Extended Task.</p>	<p>08/05/26 - (WK 2)</p>	<p>Key Vocabulary</p> <p>Release</p>	<p>Homework</p> <p>To attend extra curricular club to further develop my skills in striking and fielding</p>
<p>In LP5.4, I will know:</p> <p>Recap and model the correct technique when pitching for rounders. How to add different variations to bowls in rounders</p>	<p>15/06/26 - (WK 1)</p>	<p>Key Vocabulary</p> <p>Cupping</p>	<p>Homework</p> <p>To attend extra curricular club to further develop my skills in striking and fielding</p>
<p>In LP5.5, I will know:</p> <p>Recap and model the correct grip and stance when batting. How to aim for space to be able to make runs.</p>	<p>22/06/26 - (WK 2)</p>	<p>Key Vocabulary</p> <p>Rotation</p>	<p>Homework</p> <p>To attend extra curricular club to further develop my skills in striking and fielding</p>
<p>In LP5.6, I will know:</p> <p>how to correctly officiate a rounders game How to use basic understanding of rules and knowledge in tactics for rounders</p> <p>Extended Task.</p>	<p>29/06/26 - (WK 1)</p>	<p>Key Vocabulary</p> <p>Communication</p>	<p>Homework</p> <p>To attend extra curricular club to further develop my skills in striking and fielding</p>
<p>In LP5.7, I will know:</p> <p>Apply what I have learnt to competitive games.</p>	<p>06/07/26 - (WK 2)</p>	<p>Key Vocabulary</p> <p>Strategy</p>	<p>Homework</p> <p>To attend extra curricular club to further develop my skills in striking and fielding</p>
<p>Resources to support learning:</p> <p>https://www.bbc.co.uk/bitesize/guides/zwyrdm/revision/3</p>			
<p>FFET Award Challenge for this Learning Programme:</p> <p>To write a 200 word summary of your favourite sporting moment in school so far.</p>			

