

## Year 8 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><b>What will I be learning about in this Learning Programme?</b> The knowledge and understanding to perform the skills required to be a competent cricket/rounders player.</p> <p><b>Where have I seen this learning before?</b> This learning may have been seen before in KS2 primary school PE lessons.</p> <p><b>What could I use it for?</b> I could use the skills I learn to join a local cricket team or to take part in extra curricular cricket opportunities</p>		<p><b>Literacy:</b></p> <ul style="list-style-type: none"> <li>Capital letters must be used at the start of sentences and for the first letter of proper nouns</li> <li>Full stops must be used at the end of a sentence</li> <li>Question marks must be used at the end of a question</li> <li>Apostrophes should only be used for possession or omission</li> <li>Days of the week and months must be spelled correctly</li> <li>Key words must be spelled correctly</li> </ul>
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In LP5.1, I will know:	11/05/26 - (WK 1)	Key Vocabulary	Homework
Adopt a stable stance with feet shoulder-width apart to allow for quick movement. Identify the "hitting zone" (between mid-on and mid-off) for straight-bat shots. Demonstrate a high backlift to generate power.		Stability	To attend extra curricular club to further develop my skills in striking and fielding

In LP5.2, I will know:	18/05/26 - (WK 2)	Key Vocabulary	Homework
Develop a consistent 4-to-6 pace run-up to build momentum. Aim to hit a specific "good length" (preventing the batter from driving easily). Identify the difference between bowling at the off-stump vs. the leg-stump		Transfer	To attend extra curricular club to further develop my skills in striking and fielding

LP5 RLW, I will:	01/06/26 - (WK 1)		
review my learning, recalling and applying key knowledge, and focus on closing any gaps in my knowledge.			To attend extra curricular club to further develop my skills in Cricket

In LP5.3, I will know:	08/05/26 - (WK 2)	Key Vocabulary	Homework
Set a basic fielding circle to prevent easy singles. Apply bowling variations (changing pace or line) to confuse the batter. Work as a team to officiate (scorekeeping and basic umpiring). Extended Task.		Follow through	To attend extra curricular club to further develop my skills in striking and fielding

In LP5.4, I will know:	15/06/26 - (WK 1)	Key Vocabulary	Homework
Recap and model the correct technique when pitching and model the correct grip and technique when bowling with rotation and step accuracy to generate power and outwit an opponent		Anticipation	To attend extra curricular club to further develop my skills in striking and fielding

In LP5.5, I will know:	22/06/26 - (WK 2)	Key Vocabulary	Homework
Recap and model the correct grip and stance when batting and model a range of attacking shots which can be used when batting as well as playing the ball into space to make the base.		Decision making	To attend extra curricular club to further develop my skills in striking and fielding

In LP5.6, I will know:	29/06/26 - (WK 1)	Key Vocabulary	Homework
How to lead my team and position my team mates according to strengths Extended Task.		Urgency	To attend extra curricular club to further develop my skills in striking and fielding

In LP5.7, I will know:	06/07/26 - (WK 2)	Key Vocabulary	Homework
Apply what I have learnt into a competitive game		Placement	To attend extra curricular club to further develop my skills in striking and fielding

Resources to support learning:
<a href="https://www.bbc.co.uk/bitesize/guides/zwyrdm/revision/3">https://www.bbc.co.uk/bitesize/guides/zwyrdm/revision/3</a>

FFET Award Challenge for this Learning Programme:
To write a 200 word summary of your favourite sporting moment in school so far.

