

Year 9 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/rounders team or to take part in extra curricular cricket/rounders 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
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In LP5.1, I will know:	11/05/26 - (WK 1)	Key Vocabulary	Homework
Refine the grip and stance to allow for 360-degree shot potential. Develop a "trigger movement" (a small initial step) to improve reaction time. Understand the concept of "guard" (taking center/leg stump) to know where the stumps are.		Readiness	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
Standardise a consistent run-up to ensure the front foot doesn't "no-ball." Target the "corridor of uncertainty" (just outside off-stump). Introduce the basic mechanics of a change of pace (slower ball).		Precision	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 striking and fielding

In LP5.3, I will know:	08/05/26 - (WK 2)	Key Vocabulary	Homework
Perform a sliding stop on the boundary to prevent fours. Execute a flat, powerful overarm throw that reaches the keeper on one bounce. Practice relay throwing (using a middle-man) for balls hit to the deep boundary.		Consistency	To attend extra curricular club to further develop my skills in striking and fielding
Extended Task.			

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 pitching with rotation and step accuracy to generate power and outwit an opponent		Athleticism	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 model a range of attacking shots, as well as playing shots tactically to safely score runs in rounders		Depth	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 How to correctly officiate a rounders game		Awareness	To attend extra curricular club to further develop my skills in striking and fielding
Extended Task.			

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

Resources to support learning:
https://www.bbc.co.uk/bitesize/guides/zwyyrdm/revision/3

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

