

Year 10 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 player.</p> <p>Where have I seen this learning before? This learning may have been seen before in KS3 and primary school PE lessons.</p> <p>What could I use it for? I could use the skills I learn to join a local cricket team or to take part in extra curricular cricket 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
Differentiate between an On-Drive, Straight-Drive, and Cover-Drive. Focus on head position—ensuring the nose is over the ball at the point of contact. Practice "finding the gap" between cones representing fielders.		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.			

In LP5.3, I will know:	08/05/26 - (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). Extended Task.		Consistency	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
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.		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
Execute a Back-Foot Punch to a ball that is slightly short of a length. Differentiate between the Pull shot (power) and the Square Cut (touch). Learn to defend on the back foot to protect the wickets against bouncy deliveries		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
Identify fielders with weaker arms or slower reactions to exploit for runs. Master the "turn and look" technique after hitting the ball to judge a second run. Practice non-striker backing up (leaving the crease as the bowler releases). Extended Task.		Awareness	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
Act as a captain by moving fielders based on where the batter is hitting. Apply tactical bowling (e.g., bowling "full and straight" at the end of a game). Understand the LBW (Leg Before Wicket) rule in a live match scenario.		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.

