

Year 10 Subject

Learning Programme 1

The LORIC skill focus for his LP is: LEADERSHIP The Moral Virtues focus for this LP are: COURAGE and HUMILITY.			Literacy Non-Negotiables: • 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 • Vocabulary to be taught using the Frayer model
Courage - Acting with bravery and overcoming fears. I will show courage by answering a question in class even when I'm not 100% sure of the answer. Humility - Having a modest view of oneself. I will show humility by admitting mistakes and asking for help when needed.			
What will I be learning about in this Learning Programme? This 7-week unit focuses on dynamic tactical gameplay, spatial awareness, and adaptable skill execution in basketball. Students will move away from isolated drills toward fast-paced transitional play, structured defensive systems, and variable small-sided games (such as 3v3 and 5v5) that allow all ability levels to contribute meaningfully. Where have I seen this learning before? "Students will build upon foundational movements and concepts from: Key Stage 3 Basketball/Netball: Basic dribbling, chest/bounce passing, footwork (pivoting), and basic shooting mechanics. Other Invasion Games: Intercepting and marking from football or rugby; tactical positioning and creating space from handball. Fitness Units: Understanding aerobic endurance, explosive power, and agility required for short-court sports." What could I use it for? The skills and tactical concepts developed here will prepare students for: KS4 Exam Moderation: Practical performance video evidence for BTEC Sport. Recreational & Community Sport: Confidence to participate in mixed-gender casual leagues, university intramural sports, or local clubs. Coaching & Event Management: Developing transferable leadership skills, communication strategies, and the ability to organize inclusive sporting activities.			
In LP1.1, I will know:	01/09/26 - (WK 1)	Key Vocabulary	Homework
"Execute an accurate overhead or skip pass to bypass a defender over medium distance. Receive a pass at speed while maintaining legal footwork without traveling. Turn the head immediately upon gaining possession to spot teammates running forward."		Outlet pass	Practice skills learned outside of the classroom or watch a YouTube clip on how to apply them effectively.
In LP1.2, I will know:	07/09/26 - (WK 2)	Key Vocabulary	Homework
"Use a crossover or protect dribble to shield the ball from an active defender. Exploit an open defensive gap by changing speed instantly from a jog to a sprint. Keep the non-dribbling arm up as a barrier to protect the ball during a drive."		Change of pace	Practice skills learned outside of the classroom or watch a YouTube clip on how to apply them effectively.
In LP1.3, I will know:	14/09/26 - (WK 1)	Key Vocabulary	Homework
"Execute a legal two-step footwork sequence approaching the basket for a lay-up. Aim for the top corner of the backboard square to ensure a high-percentage shot. Maintain a high releasing follow-through (cookie-jar hand) during a set shot." Extended Task.		B.E.E.F	Practice skills learned outside of the classroom or watch a YouTube clip on how to apply them effectively.
In LP1.4, I will know:	21/09/26 - (WK 2)	Key Vocabulary	Homework
"Guard an assigned area of space on the court rather than tracking an individual player. Shift laterally as a unit toward the side of the court where the ball is located. Box out an opponent by turning and establishing physical position when a shot is taken."		Zonal marking	Practice skills learned outside of the classroom or watch a YouTube clip on how to apply them effectively.
In LP1.5, I will know:	28/09/26 - (WK 1)	Key Vocabulary	Homework
"Move into the ""high post"" or central gaps to disrupt a compact zone defence. Deliver quick, consecutive passes around the perimeter to force defenders to shift. Execute a sharp V-cut or backdoor cut to separate from a defender."		Ball movement	Practice skills learned outside of the classroom or watch a YouTube clip on how to apply them effectively.
In LP1.6, I will know:	05/10/26 - (WK 2)	Key Vocabulary	Homework
"Set a legal, stationary screen to block the path of a teammate's defender. Pivot and roll toward the basket immediately after the teammate drives past the screen. Communicate loudly to warn a teammate when an opponent is setting a screen on them." Extended Task.		Screening	Practice skills learned outside of the classroom or watch a YouTube clip on how to apply them effectively.
In LP1.7, I will know:	12/10/26 - (WK 1)	Key Vocabulary	Homework
"Manage a balanced team rotation ensuring equal, meaningful game time for all abilities. Apply official basketball rules consistently while acting as a student referee or table official. Adjust a team's defensive or attacking strategy during a timeout based on game feedback."		Game management	Practice skills learned outside of the classroom or watch a YouTube clip on how to apply them effectively.
Resources to support learning: "My LP1 Knowledge Organiser https://www.youtube.com/results?search_query=basic+basketball+skills "			
FFET Award Challenge for this Learning Programme: To write a plan on how you will continue to participate in sport outside of school			

PRT Task 1

PRT Task 2