

Year 7 Subject

Learning Programme 1

The LORIC skill focus for his LP is: LEADERSHIP The Moral Virtues focus for this LP are: COURAGE and HUMILITY. 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.		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		
What will I be learning about in this Learning Programme? How my PE lessons will look and where my learning will take place How to develop skills, tactics and rules in for rugby and basketball Where have I seen this learning before? KS2 PE in primary school, YouTube. What could I use it for? To develop PE core skills further and to understand the benefit of participation in sport				
In LP1.1, I will know: my current set for PE and the high standards expected in lesson how to complete baseline fitness and skill tests for my current fitness level	01/09/26 - (WK 1)		Frayer Model Word Consistency	Homework Take part in an extra-curricular club
In LP1.2, I will know: how to correctly warm up and lead warm up for small sided groups how to self-asses my performances in sport	07/09/26 - (WK 2)		Frayer Model Word Fitness Testing	Homework Take part in an extra-curricular club
In LP1.3, I will know: how to correctly dribble the basketball effectively how to chest/bounce pass the basketball into space Extended Task.	14/09/26 - (WK 1)	Frayer Model Word Passing	Homework Take part in an extra-curricular club	
In LP1.4, I will know: how to correctly shoot the ball in basketball the roles and positions in basketball	21/09/26 - (WK 2)	Frayer Model Word Positions	Homework Take part in an extra-curricular club	
In LP1.5, I will know: how to pass the rugby ball correctly how to run into space with the rugby ball	28/09/26 - (WK 1)	Frayer Model Word Technique	Homework Take part in an extra-curricular club	
In LP1.6, I will know: how to outwit an opponent in rugby the different roles in rugby and how to play a game successfully Extended Task.	05/10/26 - (WK 2)	Frayer Model Word Accuracy	Homework Take part in an extra-curricular club	
In LP1.7, I will know: and demonstrate knowledge and understand of the rules of rugby and basketball	12/10/26 - (WK 1)	Frayer Model Word Competition	Homework Take part in an extra-curricular club	
Resources to support learning: YouTube, Knowledge Organiser, Extra-Curricular Clubs				
FEET Award Challenge for this Learning Programme: To lead a warm up in your first PE lesson for the rest of the class				

PRT Task 1

PRT Task 2