

Year 8 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? 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, Year 7 PE, YouTube.			
What could I use it for? To develop core skills and using tactics and strategies across a wide range of sports.			
In LP1.1, I will know: 01/09/26 - (WK 1) Key Vocabulary Homework			
how to complete fitness tests for my baseline fitness assessment how to run into space while holding a rugby ball how to pass the rugby ball correctly, to outwit opponents		Fitness	Take part in an extra-curricular club
In LP1.2, I will know: 07/09/26 - (WK 2) Key Vocabulary Homework			
how to tackle safely and effectively in rugby how to use contact skills to evade opponents		Evade	Take part in an extra-curricular club
In LP1.3, I will know: 14/09/26 - (WK 1) Key Vocabulary Homework			
and understand the different roles and positions in rugby how to competitively play a rugby match		Positions	Take part in an extra-curricular club
Extended Task.			
In LP1.4, I will know: 21/09/26 - (WK 2) Key Vocabulary Homework			
and recap the basic roles of dribbling and passing in basketball how to outwit opponents and use evasion skills in basketball		Outwit	Take part in an extra-curricular club
In LP1.5, I will know: 28/09/26 - (WK 1) Key Vocabulary Homework			
how to successfully perform a layup shot how to use different basketball shots effectively in games		Successful	Take part in an extra-curricular club
In LP1.6, I will know: 05/10/26 - (WK 2) Key Vocabulary Homework			
how to officiate a game of basketball effectively how the different playing positions in basketball		Officiate	Take part in an extra-curricular club
Extended Task.			
In LP1.7, I will know: 12/10/26 - (WK 1) Key Vocabulary Homework			
how to compete in competition week in rugby and basketball		Competition	Take part in an extra-curricular club
Resources to support learning: LP1 Knowledge Organiser, YouTube			
FFET 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