

Year 7 PE

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 football and netball.			
Where have I seen this learning before? I may have covered this in primary school. I also might have developed these skills in a club outside of school.			
What could I use it for? I could use the skills, tactics and rules learnt to become a competent netball player at extra curricular clubs, school fixtures or at a local football or netball club			
In LP1.1, I will know:	01/09/26 - (WK 1)	Frayer Model Word	Homework
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		Consistency	Take part in an extra-curricular club
In LP1.2, I will know:	07/09/26 - (WK 2)	Frayer Model Word	Homework
how to correctly warm up and lead warm up for small sided groups how to self-asses my performances in sport		Fitness Testing	Take part in an extra-curricular club
In LP1.3, I will know:	14/09/26 - (WK 1)	Frayer Model Word	Homework
how to pass the ball how to pass and move to create options		Passing	Take part in an extra-curricular club
Extended Task.			
In LP1.4, I will know:	21/09/26 - (WK 2)	Frayer Model Word	Homework
the positions in netball the areas all positions can go		Positions	Take part in an extra-curricular club
In LP1.5, I will know:	28/09/26 - (WK 1)	Frayer Model Word	Homework
how to perform basic dribbling with control; how to control the ball and turn with the ball.		Technique	Take part in an extra-curricular club
In LP1.6, I will know:	05/10/26 - (WK 2)	Frayer Model Word	Homework
how to keep the ball close or further away; how to pass the ball with accuracy over a short distance.		Accuracy	Take part in an extra-curricular club
Extended Task.			
In LP1.7, I will know:	12/10/26 - (WK 1)	Frayer Model Word	Homework
and demonstrate knowledge & understanding of football rules and demonstrate knowledge & understanding of netball rules		Competition	Take part in an extra-curricular club
Resources to support learning: YouTube - used to watch techniques to perform specific skills LP1 Knowledge Organiser			
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