

Year 8 PE

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 to develop skills, tactics and rules in football and netball.				
Where have I seen this learning before? I would have covered this learning in year 7 football and netball lessons. 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)			Key Vocabulary	Homework
how to perform various ball familiarisation activities; how to perform basic dribbling with control; how to control the ball and turn with the ball.			Dribbling	Reflect on your strengths and weaknesses. Make a plan on how to address this.
In LP1.2, I will know: 07/09/26 - (WK 2)			Key Vocabulary	Homework
how to outwit opponents using change of direction when dribbling; how to keep the ball close or further away; how to pass the ball with accuracy over a short distance.			Outwit	Reflect on your strengths and weaknesses. Make a plan on how to address this.
In LP1.3, I will know: 14/09/26 - (WK 1)			Key Vocabulary	Homework
how to work as a team to keep possession of the ball; off the ball movements that can help retain possession; how to use skills and tactics in a competitive situation.			Possession	Reflect on your strengths and weaknesses. Make a plan on how to address this.
Extended Task.				
In LP1.4, I will know: 21/09/26 - (WK 2)			Key Vocabulary	Homework
and demonstrate knowledge & understanding of netball rules; and perform a variety of passes at speed and with control; what type of pass to use and when.			Passes	Reflect on your strengths and weaknesses. Make a plan on how to address this.
In LP1.5, I will know: 28/09/26 - (WK 1)			Key Vocabulary	Homework
how to change pace and direction using a shoulder dip and signalling; how to regain possession once it is lost; how to come forward to attack the line of the ball as early as possible.			Intercept	Reflect on your strengths and weaknesses. Make a plan on how to address this.
In LP1.6, I will know: 05/10/26 - (WK 2)			Key Vocabulary	Homework
the correct shooting technique; how to adapt my shooting for different distances.			Shooting	Reflect on your strengths and weaknesses. Make a plan on how to address this.
Extended Task.				
In LP1.7, I will know: 12/10/26 - (WK 1)			Key Vocabulary	Homework
how to use leadership to encourage others; how to apply my skills taught into gameplay; how to use different tactics to use to win possession back.			Competition	Reflect on your strengths and weaknesses. Make a plan on how to address this.
Resources to support learning:				
YouTube - used to watch techniques to perform specific skills LP1 Knowledge Organiser				
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