The Ellesmere Port C of E College

Part of the Frank Field Education Trust

Year 7 Physical Education
Learning Programme 2

The LORIC skill focus for his LP is: ORGANISATION

The Moral Virtues focus for this LP are: COMPASSION and HONESTY

Compassion - the quality of feeling pity and concern for the sufferings or misfortunes of others.
Honesty - the quality of being truthful.

What will I be learning about in this Learning Programme?

In this learning programme, I will be learning how to successfully and confidently perform in individual sports. Specifically focusing on dance.
'I will be learning about how to perform aesthetically pleasing gymnastics moves in relation to the themes of travel, balance and flight

Where have I seen this learning before?

I may have prior knowledge of individuals sports from key stage 2 or from participation outside of school.
I may have seen this if I compete or have gone to a gymnastics club. I could have also seen this if I watch high performance gymnastics in the media and watch the analysis show after a performance

What could I use it for?

It could be used so I can participate in clubs outside of school or extra-curricular clubs within school.

Literacy:

- 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

In LP2.1, I will know: 19/10/26 - (WK 2)	Key Vocabulary	Homework
the meaning of the word aesthetic an how to incorporate this into dance; - he terms choreography and stimulus; the significance of timing, clarity and focus within dance performances; how motifs can be developed.	Aesthetics	Attend extra-curricular clubs to further develop the skills you have learnt so far this learning programme.

In LP2.2, I will know: 02/11/26 - (WK 1)	Key Vocabulary	Homework
how to use basic timing when listening to music; how to develop confidence when discussing expressive movement terminology; how to perform basic expressive movements; how to perform movements in unison and also cannon.	Timing	Attend extra-curricular clubs to further develop the skills you have learnt so far this learning programme.

LP2 RLW, I will: 09/11/26 - (WK 2)		
review my learning, recalling and applying key knowledge, and focus on closing any gaps in my knowledge.		

In LP2.3, I will know: 16/11/26 - (WK 1)	Key Vocabulary	Homework
how to analyse others and your own dancing techniques to identify strengths and weaknesses; how to discuss strengths and weaknesses with a focus on key vocabulary; how to develop and master the highlight of the routine when analysing performance to develop leadership and communication skills. Extended Task.	Cannon	Attend extra-curricular clubs to further develop the skills you have learnt so far this learning programme.

In LP2.4, I will know: 23/11/26 - (WK 2)	Key Vocabulary	Homework
how to create various point and patch balances and understand the importance of body tension and aesthetics.	Body Tension	Attend extra-curricular clubs to further develop the skills you have learnt so far this learning programme.

PRT Task 1

In LP2.5, I will know: 30/11/26 - (WK 1)	Key Vocabulary	Homework
how to perform basic movement skills and rotations and travel effectively using a variety of methods; know how to analyse someone else's performance, picking out strengths and weaknesses in a positive way; know and demonstrate resilience improve a routine based on feedback.	Choreography	Attend extra curricular clubs to further develop the skills you have learnt so far this learning programme.

In LP2.6, I will know: 07/12/26 - (WK 2)	Key Vocabulary	Homework
how to replicate balances using counterbalance/ tension to maintain stability. and develop an understanding of body tension and Centre of mass and the impact they can have on routines Extended Task.	Review	Attend extra-curricular clubs to further develop the skills you have learnt so far this learning programme.

In LP2.7, I will know: 14/12/26 - (WK 1)	Key Vocabulary	Homework
how to alter and refine the routine choreography depending on the success of the movements and balances; how to be creative in finding ways of moving into and out of balances safely and aesthetically.	Flight	Attend extra-curricular clubs to further develop the skills you have learnt so far this learning programme.

PRT Task 2

Resources to support learning:

www.youtube.com
Teach PE

FFET Award Challenge for this Learning Programme:

LP2 Year 7 To attend at least two extra-curricular clubs a week for the 7 week learning programme.