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 you will be learning the techniques to perform a range of skills in badminton.
You will also learn about the different components of fitness, how they are tested and how they can be improved.

Where have I seen this learning before?

Learning may have been seen before during KS2 PE.

What could I use it for?

To improve on my bamdinton and fitness in year 8 lessons and to join clubs outside of 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
and familiarise myself with equipment (rackets, shuttles), basic movement, and the forehand and backhand grips. how to perform basic forehand and backhand strokes.	Serve	Attend extra curricular clubs to further develop the skills you have learnt so far this learning programe.

In LP2.2, I will know: 02/11/26 - (WK 1)	Key Vocabulary	Homework
and understand the purpose and technique of the underhand serve (clear/lob) and the rules around serving. and understand the purpose and technique of the backhand serve	Service line	Attend extra curricular clubs to further develop the skills you have learnt so far this learning programe.

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 play net shots and understand how to use them to win points. And apply what I have learnt so far into competitive games. Extended Task.	Shuttle	Attend extra curricular clubs to further develop the skills you have learnt so far this learning programe.

In LP2.4, I will know: 23/11/26 - (WK 2)	Key Vocabulary	Homework
the different components of fitness how to effectively use circuit training to improve on performance; how to effectively use fartlek training to improve on performance; the benefits of these types of training methods on sports performance.	FARTLEK	Attend extra curricular clubs to further develop the skills you have learnt so far this learning programe.

PRT Task 1

In LP2.5, I will know: 30/11/26 - (WK 1)	Key Vocabulary	Homework
how to use High Intensity Interval Training (HIIT) to improve on performance; how to use continuous training to improve on performance; the benefits of these types of training methods on sports performance.	HIIT	Attend extra curricular clubs to further develop the skills you have learnt so far this learning programe.

In LP2.6, I will know: 07/12/26 - (WK 2)	Key Vocabulary	Homework
how to use plyometric training to improve on performance; how to use interval training to improve on performance; the benefits of these types of training methods on sports performance. Extended Task.	Plyometric	Attend extra curricular clubs to further develop the skills you have learnt so far this learning programe.

In LP2.7, I will know: 14/12/26 - (WK 1)	Key Vocabulary	Homework
and apply everything that I have learnt during the LP into competitive games.	Circuits	Attend extra curricular clubs to further develop the skills you have learnt so far this learning programe.

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.