The Ellesmere Port C of E College

Part of the Frank Field Education Trust

Year 8 PE
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?
I will be learning about gymnastics and football.

Where have I seen this learning before?
In my school years prior to year 8 and outside of school in a club or television

What could I use it for?
To improve my gymnastics and football and join a club 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
all methods of traveling what counter balances and counter tension balances are and create my own in a pair What mirror and match are and add this into a paired routine What cannon and unison are and add this into a paired routine	Movement	Review learning for next weeks outcomes using knowledge organiser.
In LP2.2, I will know: 02/11/26 - (WK 1)	**Key Vocabulary**	**Homework**
What vaulting is in gymnastics how to perform a number of vaults safely to add vaults into a routine to better my performance	Accuracy	Review learning for next weeks outcomes using knowledge organiser.
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 create a routine including all I have learnt how to utilise time, weight, space and flow to create an appealing routine to add in performance skills to take my routine to the next level Extended Task.	Effort	Review learning for next weeks outcomes using knowledge organiser.
In LP2.4, I will know: 23/11/26 - (WK 2)	**Key Vocabulary**	**Homework**
How to pass and receive the ball under pressure ensuring I pick the correct pass out How to dribble the ball successfully under pressure maintaining high levels of ball control	Intensity	Review learning for next weeks outcomes using knowledge organiser.
In LP2.5, I will know: 30/11/26 - (WK 1)	**Key Vocabulary**	**Homework**
How to defend 1 v 1 How to position myself depending on what is in front of me How to defend as a unit and how this benefits game play	Exertion	Review learning for next weeks outcomes using knowledge organiser.
In LP2.6, I will know: 07/12/26 - (WK 2)	**Key Vocabulary**	**Homework**
How to utilise space when playing Why utilising space helps game play A number of tactics we can use to benefit game play and why a team would use them Extended Task.	Resilience	Review learning for next weeks outcomes using knowledge organiser.
In LP2.7, I will know: 14/12/26 - (WK 1)	**Key Vocabulary**	**Homework**
How to perform my routine to my peers How to give constructive feedback to my peers based on their performance	Creativity	Review learning for next weeks outcomes using knowledge organiser.

PRT Task 1

PRT Task 2

Resources to support learning:
Knowledge organiser
YouTube

FFET Award Challenge for this Learning Programme:
To attend at least 2 extra-curricular clubs a week for the 7 week learning programme.