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 how to use a variety of different shots in badminton to successfully outwit opponents and the benefits of these. I will also be learning about different methods of training and their benefits to an athlete within a specific sport

Where have I seen this learning before?

I would have covered skills in year 7 lessons and I might have seen different methods of training in clubs outside of school

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
How to perform the back hand serve and where the correct serving lines are and demonstate this physically how to perform a slow drop shot and when to perform one in game play	Movement	Practise skills learnt in lesson at home in preparation for your next PE lesson.
In LP2.2, I will know: 02/11/26 - (WK 1)	**Key Vocabulary**	**Homework**
How to perform an overhead clear and when to perform one in game play How to perform a smash shot and when to perform one in game play The reasons to why I would play a overhead clear or smash	Accuracy	Practise skills learnt in lesson at home in preparation for your next PE lesson.
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 perform a net shot and when to perform one in game play The rules of badminton in order to play a game sucsessfuly Extended Task.	Effort	Practise skills learnt in lesson at home in preparation for your next PE lesson.
In LP2.4, I will know: 23/11/26 - (WK 2)	**Key Vocabulary**	**Homework**
What circuit training is and demonstrate my ability to create my own circut What plyometic training is. Why an individual would uptake this training and the benifits they will gain.	Intensity	Practise skills learnt in lesson at home in preparation for your next PE lesson.
In LP2.5, I will know: 30/11/26 - (WK 1)	**Key Vocabulary**	**Homework**
What HIIT is and how it benifits indivduals. The strengths and limitations of this type of training. What interval training is and how it benifits indivduals. The strengths and kimitations of this type of training.	Exersion	Practise skills learnt in lesson at home in preparation for your next PE lesson.
In LP2.6, I will know: 07/12/26 - (WK 2)	**Key Vocabulary**	**Homework**
What continuous training is and how it benifits indiduals. The strengths and limitations of this type of training. What fartlek training is and how it benifits indiduals. The strengths and limitations of this type of training. Extended Task.	Resiliance	Practise skills learnt in lesson at home in preparation for your next PE lesson.
In LP2.7, I will know: 14/12/26 - (WK 1)	**Key Vocabulary**	**Homework**
How to play a game of badminton using the correct rules and regulations. How to create my own training programme and perform this in lesson.	Creativity	Practise skills learnt in lesson at home in preparation for your next PE lesson.

PRT Task 1

PRT Task 2

Resources to support learning:

Knowledge organiser
Youtube

FFET Award Challenge for this Learning Programme:

Attend at least 2 extra-curricular clubs per week for the 7 week learning programme.