

Year 10 PE

Learning Programme 4

Reading texts that pupils will study during the learning programme

Loric for LP4 is Initiative – students are taught how to think independently and are given opportunities to gain new experiences that enable them to use their imagination and common sense

The values we are learning about are **Justice and Integrity**:

Justice - Fair behaviour or treatment

Integrity - Being honest and having moral principles

What will I be learning about in this Learning Programme?

Athletics- The sport involving track and field events including running, throwing and jumping events. Students will learn how to perform at maximum levels and how to accurately replicate techniques and skills in a range of different events. Students will learn the skills needed to officiate and

Where have I seen this learning before?

In Year 9 and 8 you learned how to perform a range of different athletic events including running, jumping and throwing. In LP1 you learnt about how the body adapts and responds to different types of exercise and the principles of overload.

What could I use it for?

In LP5 we will look at accurate replication in striking and fielding events. BTEC sport component 3 you will study how the body responds and adapts to exercise

BTEC Sport Textbook & Exam Questions

In LP4.1, I will know:	11/03/24 - (WK 1)	PR Focus	Key Vocabulary	Homework
what I will be learning this Learning Programme and how I will be assessed			Understand, Learn, Develop, Knowledge	
In LP4.2, I will know:	18/03/24 - (WK 2)	PR Focus	Key Vocabulary	Homework
how to be an effective timekeeper for long distance events the track markings and starting positions for 1500m, 800m and 400m how to plan a long distance race to test cardiovascular endurance			Stopwatch, Explain, Accurate, Decision Making, Assertive	
In LP4.3, I will know:	8/04/24 - (WK 1)	PR Focus	Key Vocabulary	Homework
how to be an effective timekeeper for short distance events the track markings and starting positions for 300m, 200m and 100m how to plan a short distance race to test speed Extended Task			Stopwatch, Explain, Accurate, Decision Making, Assertive	
In LP4.4, I will know:	15/04/24 - (WK 2)	PR Focus	Key Vocabulary	Homework
the role of the javelin official and scoring systems the rules and techniques for javelin how to officiate a javelin competition with support			Meters, Throws, Record, Positions, Area, Boundaries, Lines, Release, Steps	
In LP4.5, I will know:	22/04/24 - (WK 1)	PR Focus	Key Vocabulary	Homework
the role of the shot put official and scoring systems the rules and techniques for shot put; how to officiate a shot put competition with support			Meters, Throws, Record, Positions, Area, Boundaries, Lines, Release, Steps	
In LP4.6, I will know:	29/04/24 - (WK 2)	PR Focus	Key Vocabulary	Homework
how the roles of the officials and scoring systems are different in track and field events how to review own performance in as an official in two athletics events how to recommend valid improvements to performance in one athletic events Extended Task			Meters, Throws, Record, Positions, Area, Boundaries, Lines, Release, Steps	
In LP4.7, I will know:	6/05/24 - (WK 1)	PR Focus	Key Vocabulary	Homework
the role of the discus official and scoring systems the rules and techniques for discus how to officiate a discus competition with support			Meters, Throws, Record, Positions, Area, Boundaries, Lines, Release, Steps	
In LP4.8, I will know:	13/05/24 - (WK 2)	PR Focus	Key Vocabulary	Homework
how to accurately replicate the role of the official for two field and track events how to overview own performance in three athletics events and how the scoring systems differ between events the strengths and areas for improvement in your performance			Correct, Skill, Repetition, Understanding, Knowledge	

Resources to support learning:

Top End Sports

FFET Award Challenge for this Learning Programme:

Attend an extra-curricular club, represent the academy at an event, attend an enrichment day, receive a subject praise postcard, attend a day trip, attend a head of year breakfast or afternoon tea, achieve 100 positive points on class charts, receive a letter of commendation from SLT, be invited to a wonderful Wednesday, receive a principals letter or be invited to a principals lunch, attend a residential trip, achieve the Duke of Edinburgh bronze award.

PRT Task 1

PRT Task 2