



Year 10 PE **Learning Programme 4**

Reading texts that pupils will study during the learning programme

BTEC Sport Textbook & Exam Questions

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

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 the perform at maximum levels and how to accurately replicate techniques and skills in a range of different events. Students will 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 respond 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

Extended Task

11/03/24 - (WK 1) PR Focus Kev Vocabulary In LP4.1. I will know: 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: Key Vocabulary 18/03/24 - (WK 2) PR Focus Homework how to be an effective timekeeper for long distance events Stopwatch, Explain, the track markings and starting positions for 1500m, 800m and 400m Accurate, Decision how to plan a long distance race to test cardiovascular endurance Making, Assertive In LP4.3, I will know: 8/04/24 - (WK 1) PR Focus Key Vocabulary now to be an effective timekeeper for short distance events Stopwatch, Explain, the track markings and starting positions for 300m, 200m and 100m Accurate, Decision

PR Focus

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Making, Assertive

Key Vocabulary

Positions, Area,

Boundaries, Lines, Release, Steps

Meters, Throws, Record.

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Positions Area

Boundaries, Lines, Release, Steps

Key Vocabulary

Positions, Area

Key Vocabulan

Understanding,

Correct, Skill,

Repetition,

Knowledge

Boundaries, Lines Release, Steps

Homework

Homework

Homework

Homework

Homework





the role of the javelin official and scoring systems the rules and techniques for javelin

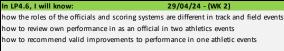
now to plan a short distance race to test speed

how to officiate a javelin competition with support

22/04/24 - (WK 1) In LP4.5, I will know PR Focus **Key Vocabulary** the role of the shot put official and scoring systems Meters, Throws, Record, the rules and techniques for shot put;

how to officiate a shot put competition with support

Positions, Area, Boundaries, Lines, Release, Steps PR Focus Key Vocabulary



6/05/24 - (WK 1)

the role of the discus official and scoring systems the rules and techniques for discus

how to officiate a discus competition with support

13/05/24 - (WK 2) how to accurately replicate the role of the official for two field and track events how to oreview own performance in three athletics events and how the scoring systems differ between

events the strengths and areas for improvement in your performance

Resources to support learning:

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.

