

## Year 7 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 accurately replicate techniques and skills in a range of different events.

**Where have I seen this learning before?**

In your first LP 1 you investigated how the body responded to cardiovascular and muscular endurance activities. The cardiovascular endurance you have built up will be tested in long distance track events and your hand-eye coordination and throwing skills will be paramount to success in field

**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.

World Records, Olympic Sprinter, Paralympic History

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 the body responds to long distance endurance events; how to successfully participate in the 1500m, 800m and 400m long distance track events			Body, distance, endurance, pace, intensity	
In LP4.3, I will know:	8/04/24 - (WK 1)	PR Focus	Key Vocabulary	Homework
how the body responds to short distance track events; possible tactics and techniques for a successful relay team; how to successfully participate in the 100m, 200m and 300m sprint events			Speed, Pace, Response, Training, Muscular Endurance, Exercise, Anaerobic	
Extended Task				
In LP4.4, I will know:	15/04/24 - (WK 2)	PR Focus	Key Vocabulary	Homework
the key safety points for shot put how power can be increased in shot put how to accurately replicate correct technique for shot put			Safety, Power, Technique, Muscular Endurance, Release, Push, Speed, Trajectory, Extension	
In LP4.5, I will know:	22/04/24 - (WK 1)	PR Focus	Key Vocabulary	Homework
the key safety points for javelin; how accuracy can be improved in javelin; how to accurately replicate correct technique for javelin.			Safety, Command, Instructions, Steps	
In LP4.6, I will know:	29/04/24 - (WK 2)	PR Focus	Key Vocabulary	Homework
how the body responds to endurance and speed based athletic events how to review own performance in three athletics events how to recommend valid improvements to performance in two athletic events			Cardiovascular Endurance, Pace, Response, Training, Muscular Endurance, Exercise	
Extended Task				
In LP4.7, I will know:	6/05/24 - (WK 1)	PR Focus	Key Vocabulary	Homework
the key safety points for discus; how power can be increased in discus; how to accurately replicate correct technique for discus			Safety, Power, Technique, Muscular Endurance, Release, Push, Speed, Trajectory, Extension, Hand Position	
In LP4.8, I will know:	13/05/24 - (WK 2)	PR Focus	Key Vocabulary	Homework
how to accurately replicate techniques for three field and track events how to review my own performance in three athletics events and how your body responds to exercise how to recommend valid improvements to performance in two athletic events			Correct, Skill, Repetition, Understanding, Knowledge	

PRT Task 1

PRT Task 2

**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.