

Year 7 PE Learning Programme 3

Reading texts that pupils will study during the learning programme

Loric for LP3 is Resilience

The values we are learning about are respect and justice

Game on extract, Cycling extract, Marcus Rashford Book

Respect - a feeling of deep admiration for someone or something elicited by their abilities, qualities or achievements
Justice - fair behaviour or treatment

What will I be learning about in this Learning Programme?

In LP3 I will know how to develop fundamental movement skills (Catching, throwing, running and footwork). Explore rules, regulations and scoring systems of a range of team sports and learn about the principles of attack and defence

Where have I seen this learning before?

In LP1 I learned about the component of fitness required to take part in team sports.

What could I use it for?

I will know how can use skills to outwit an opponent and use at KS4/BTEC level when undertaking different unit of work. For example, at BTEC we conduct a unit called **Unit 2 Technical and Tactical Demands which demonstrates the skills required to outwit an opponent. For example Football: a set piece is a rehearsed plan of how to**

In LP3.1, I will know : 06/01/2025 - (WK 2) Behaviour to support the values: STEPS/SLANT Homework

how the correct technique for controlling the ball and direction with the ball and learn methods to turn with the ball
how to move around cones with control

I will show respect by actively listening to others

Homework tasks are located in the Knowledge Organisers

In LP3.2, I will know : 13/01/2025 - (WK 1) Behaviour to support the values: STEPS/SLANT Homework

how to pass and receive the ball, showing good technique
how to develop power and accuracy of short passes;
how to develop control when receiving the ball

I will show justice by speaking up when something is not right

Homework tasks are located in the Knowledge Organisers

In LP3.3, I will know : 20/01/2025 - (WK 2) Behaviour to support the values: STEPS/SLANT Homework

techniques for passing over longer distances;
how to observe and analyse the performance of my partner and provide feedback to improve performance
techniques to outwit an opponent
Extended Task

I will show respect by being punctual and not wasting the time of others

Homework tasks are located in the Knowledge Organisers

In LP3.4, I will know : 27/01/2025 - (WK 1) Behaviour to support the values: STEPS/SLANT Homework

the principles of attack in team sports
how to dodge and use agility in a game;
complete PRT Task 1

I will show justice by being inclusive and accepting everyone regardless of our differences

Homework tasks are located in the Knowledge Organisers

In LP3.5, I will know : 03/02/2025 - (WK 2) Behaviour to support the values: STEPS/SLANT Homework

how to come up with drills in a team game to focus on keeping the ball away from the defender
how to use skills and techniques to participate in a small sided game;
how to provide feedback to improve performance after observing the performance of my partner.

I will show respect by taking care of the school property

Homework tasks are located in the Knowledge Organisers

In LP3.6, I will know : 10/02/2025 - (WK 1) Behaviour to support the values: STEPS/SLANT Homework

and learn how to be an effective defender by applying pressure to attacking players
how develop skills to intercept skills when defender
complete assessment 1
Extended Task

I will show justice by supporting others of seeking help when required

Homework tasks are located in the Knowledge Organisers

LP3 RLW, I will: 24/02/2025 - (WK 2) Behaviour to support the values: STEPS/SLANT Homework

review my learning, recalling and applying key knowledge, focus on closing any gaps in my knowledge and prepare effectively for the upcoming assessments.

I will show respect by actively listening to others

Homework tasks are located in the Knowledge Organisers

In LP3.7, I will know : 03/03/2025 - (WK 1) Behaviour to support the values: STEPS/SLANT Homework

the correct shooting technique
how to demonstrate the correct shooting technique in practice
how to evaluate my own performance highlighting areas for strengths and areas for development

I will show respect by recognising and celebrating the achievements of myself and others

Homework tasks are located in the Knowledge Organisers

Resources to support learning:

Teams and knowledge organisers.

FFET Award Challenge for this Learning Programme:

Join an extracurricular club at school, create a list of the benefits of this club for your fitness, health and wellbeing.

PRT Task 1

PRT Task 2