

Year 7 PE

Learning Programme 4

Reading texts that pupils will study during the learning programme

Loric for LP4 is Initiative

The values we are learning about are integrity and gratitude

World Records, Olympic Sprinter, Paralympic History

Integrity - Being honest and having strong moral principles

Gratitude- the quality of being thankful and showing appreciation

What will I be learning about in this Learning Programme?

what athletics is, 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. how cardiovascular endurance has been developed and will be testing our threshold in long distance track events. how to apply hand-eye coordination and

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.

In LP4.1, I will know :	10/03/2025 - (WK 2)	Behaviour to support the values: STEPS/SLANT	Homework
how to investigate what I will be learning this Learning Programme and how I will be assessed		I will show integrity by expressing gratitude to others.	Homework tasks are located in the Knowledge Organisers
In LP4.2, I will know :	17/03/2025 - (WK 1)	Behaviour to support the values: STEPS/SLANT	Homework
how the body responds to long distance endurance events; the components of fitness required to participate in the 1500m, 800m and 400m long distance track events		I will show gratitude by showing my appreciation when someone does something nice.	Homework tasks are located in the Knowledge Organisers
In LP4.3, I will know :	24/03/2025 - (WK 2)	Behaviour to support the values: STEPS/SLANT	Homework
how the body responds to short distance track events; and be able to explain the possible tactics and techniques for a successful relay team; how to successfully participate in the 100m, 200m and 300m sprint events and utilise the correct technique. Extended Task		I will show integrity by taking responsibility for my actions whether they be good or bad.	Homework tasks are located in the Knowledge Organisers
In LP4.4, I will know :	31/03/2025 - (WK 1)	Behaviour to support the values: STEPS/SLANT	Homework
the key safety point for shot put how power can be increased in shot put and explain methods to develop power; and be able to accurately replicate the correct technique for shot put		I will show gratitude by completing a random act of kindness.	Homework tasks are located in the Knowledge Organisers
In LP4.5, I will know :	21/04/2025 - (WK 2)	Behaviour to support the values: STEPS/SLANT	Homework
the key safety points for javelin; how accuracy can be improved in javelin; how to accurately replicate correct technique for javelin.		I will show integrity by being reliable and trustworthy.	Homework tasks are located in the Knowledge Organisers
In LP4.6, I will know :	28/04/2025 - (WK 1)	Behaviour to support the values: STEPS/SLANT	Homework
how the body responds to endurance and speed based athletic events how to analyse and review my own performance in three athletics events how to improve performance in two athletic events Extended Task		I will show gratitude by being respectful.	Homework tasks are located in the Knowledge Organisers
In LP4.7, I will know :	05/05/2025 - (WK 2)	Behaviour to support the values: STEPS/SLANT	Homework
the key safety point for discus; how power can be increased in discus; how to accurately replicate correct technique for discus		I will show integrity by showing patience and flexibility when obstacles get in the way.	Homework tasks are located in the Knowledge Organisers

Resources to support learning:

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.

