

Year 9 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

Speed Training Questions, Training Method Questions and Aerobic Endurance Questions

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 the 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 Year 7 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 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 to describe how to be an effective timekeeper for long distance events how to identify track markings and starting positions for 1500m, 800m and 400m how to plan a long distance race to test cardiovascular endurance		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 to describe how to be an effective timekeeper for short distance events how to identify track markings and starting positions for 300m, 200m and 100m how to plan a short distance race to test speed		I will show integrity by taking responsibility for my actions whether they be good or bad.	Homework tasks are located in the Knowledge Organisers
Extended Task			
In LP4.4, I will know :	31/03/2025 - (WK 1)	Behaviour to support the values: STEPS/SLANT	Homework
how to describe the role of the javelin official and scoring systems how to identify the rules and techniques for javelin how to officiate a javelin competition with support		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
how to describe the role of the shot put official and scoring systems how to identify the rules and techniques for shot put; how know to officiate a shot put competition with support		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 to evaluate how the roles of the officials and scoring systems are different in track and field events how to review my own performance as an official in two athletics events how to recommend valid improvements to performance in one athletic events		I will show gratitude by being respectful.	Homework tasks are located in the Knowledge Organisers
Extended Task			
In LP4.7, I will know :	05/05/2025 - (WK 2)	Behaviour to support the values: STEPS/SLANT	Homework
how to describe the role of the discus official and scoring systems how to identify the rules and techniques for discus how to officiate a discus competition with support		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:			
Top End Sports			
FFET Award Challenge for this Learning Programme:			
Create a list of the components of fitness required for different sports throughout this LP.			

