

Year 7 PE

Learning Programme 2

Vocabulary to be taught using the
frayer model

Loric for LP1 is Organisation

The values we are learning about are compassion and honesty

Compassion - sympathy and concern for the suffering or misfortunes of others

Honesty - being truthful and refraining from cheating or lying

What will I be learning about in this Learning Programme?

In LP1 I will continue 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 will know what the component of fitness required to take part in team sports.

What could I use it for?

I will know how to 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

Attack, defence, technique, opponents, agility, outwit.

In LP2.1, I will know :	20/10/25 - (WK 2)	Behaviour to support the values: STEPS/SLANT	Homework
the correct technique for controlling the ball and direction with the ball; the different methods to turn with the ball; how to move around cones with control.		I will show honesty by accepting the consequences for my mistakes.	Homework tasks are located in the Knowledge Organisers
In LP2.2, I will know :	03/11/25 - (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 compassion by giving encouragement to others.	Homework tasks are located in the Knowledge Organisers
LP2 RLW, I will:	10/11/25 - (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.			
In LP2.3, I will know :	17/11/25 - (WK 1)	Behaviour to support the values: STEPS/SLANT	Homework
the techniques for passing over longer distances; how to observe and analyse the performance of my partner and provide feedback to improve performance; the techniques to outwit an opponent. Extended Task		I will show honesty by listening to and accepting the views of others.	Homework tasks are located in the Knowledge Organisers
In LP2.4, I will know :	24/11/25 - (WK 2)	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 compassion by asking someone how they are.	Homework tasks are located in the Knowledge Organisers
In LP2.5, I will know :	01/12/25 - (WK 1)	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 sporting games; how to provide feedback to improve performance after observing the performance of my partner.		I will show honesty by telling the truth about things.	Homework tasks are located in the Knowledge Organisers
In LP2.6, I will know :	08/12/25 - (WK 2)	Behaviour to support the values: STEPS/SLANT	Homework
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 compassion by actively listening and engaging with others.	Homework tasks are located in the Knowledge Organisers
In LP2.7, I will know :	15/12/25 - (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 honesty by being true to myself.	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