

## PE

### Learning

The LORIC skill focus	<b>Literacy Non-Negotiables:</b>
The values for this LP	<ul style="list-style-type: none"> <li>Capital letters must be used at the start of sentences and for the first letter of proper nouns</li> <li>Full stops must be used at the end of a sentence</li> <li>Question marks must be used at the end of a question</li> <li>Apostrophes should only be used for possession or omission</li> <li>Days of the week and months must be spelled correctly</li> <li>Key words must be spelled correctly</li> <li>Vocabulary to be taught using the Frayer model</li> </ul>
Respect - treat others how you would wish to be treated	
<b>What will I be learning</b>	
How to develop fundamental movement skills (Catching,	
<b>Where have I seen this</b>	
In LP1 I learned about the component of fitness required to take	
<b>What could I use it for?</b>	
How can we use skills to outwit an opponent and use at KS4/BTEC	

Frayer Model Words	Homework
Attack, defence, technique, outwit, opponents, agility.	Use the 'Look, cover, write, check' method to list the key training principles/key terms for Rugby or Football.

Frayer Model Words	Homework
Attack, defence, technique, outwit, opponents, agility.	Create a list of the positions for Rugby or Football.

Frayer Model Words	Homework
Attack, defence, technique, outwit, opponents, agility.	Make flashcards on the tactics you could use within Rugby or Football to gain an advantage (e.g. how to get a head start)

Frayer Model Words	Homework
Attack, defence, technique, outwit, opponents, agility.	Practice some of the key techniques that are used within Rugby or Football (e.g. control of the ball)

Frayer Model Words	Homework
Attack, defence, technique, outwit, opponents, agility.	Practice some of the key techniques that are used within Rugby or Football (e.g. passing)

Frayer Model Words	Homework
Attack, defence, technique, outwit, opponents, agility.	Use a method of your choice to list the rules for Rugby or Football.

Frayer Model Words	Homework
Attack, defence, technique, outwit, opponents, agility.	Create a mind-map of the key movements in Rugby or Football

Frayer Model Words	Homework
Attack, defence, technique, outwit, opponents, agility.	Create a strengths/weakness profile of your performance in either Rugby or Football.

Knowledge organisers and lesson material on synergy.

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