

## Year 9 PE

### Learning Programme 3

The LORIC skill focus for this LP is: RESILIENCE The values for this LP are RESPECT and JUSTICE Respect - treat others how you would wish to be treated yourself. Justice - our College rules are fair and reasonable		<b>Literacy Non-Negotiables:</b> <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>
<b>What will I be learning about in this Learning Programme?</b> In LP2 you will continue to master your fundamental movement skills and knowledge of team games. LP3 will see you explore a new team game and the rules, regulations and scoring systems in that sport		
<b>Where have I seen this learning before?</b> In year 8 I have developed fundamental skills and started to gain some knowledge around outwitting opponent sports, alongside the components of fitness in sport.		
<b>What could I use it for?</b> Students can use this skill 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 attack in order to try to outwit an opponent to create an opportunity to score		
<b>In LP3.1, I will know:</b> How to demonstrate different attacking principles through the use of width and speed. How to demonstrate a variety of passes with accuracy, control and fluency. How to evaluate the effectiveness of my passing in a game situations.	<b>05/01/26 - (WK 2)</b>  Frayer Model Words Attack, defence, technique, outwit, opponents, agility.	<b>Homework</b> Use the 'Look, cover, write, check' method to list the key training principles/key terms for Rugby or Football.
<b>In LP3.2, I will know:</b> How to demonstrate effective attacker using dodging, speed and agility to outwit a defender. How to develop team tactics of attack, including use space and playing forward. How to outwit a defender implementing strategic and tactical play.	<b>12/01/26 - (WK 1)</b>  Frayer Model Words Attack, defence, technique, outwit, opponents, agility.	<b>Homework</b> Create a list of the positions for Rugby or Football.
<b>In LP3.3, I will know:</b> How to demonstrate good ball control and maintain possession in some competitive situations. How to explore the benefits of strategic and tactical approaches to outwit opponents. How to evaluate my own performance and adapt to changing game situations.	<b>19/01/26 - (WK 2)</b>  Frayer Model Words Attack, defence, technique, outwit, opponents, agility.	<b>Homework</b> Make flashcards on the tactics you could use within Rugby or Football to gain an advantage (e.g. how to get a head start)
<b>In LP3.4, I will know:</b> How to explore numerous defence skills including zonal and man-to-man marking. How to learn the benefits of strategic and tactical approaches to outwit opponents. How to evaluate my own performance and adapt to changing game situations. Complete PRT Task 1.  Extended Task.	<b>26/01/26 - (WK 1)</b>  Frayer Model Words Attack, defence, technique, outwit, opponents, agility.	<b>Homework</b> Practice some of the key techniques that are used within Rugby or Football (e.g. passing)
<b>In LP3.5, I will know:</b> How to explore the positions and strategic formation used to prevent attack from opposition. How to demonstrate strategic and tactical plays in a competitive situation.	<b>02/02/26 - (WK 2)</b>  Frayer Model Words Attack, defence, technique, outwit, opponents, agility.	<b>Homework</b> Practice some of the key techniques that are used within Rugby or Football (e.g. passing)
<b>In LP3.6, I will know:</b> How to demonstrate outstanding knowledge and understanding of the rules and regulations of a team sport. How to demonstrate skills and tactical decision making in a competitive game.	<b>09/02/26 - (WK 1)</b>  Frayer Model Words Attack, defence, technique, outwit, opponents, agility.	<b>Homework</b> Use a method of your choice to list the rules for Rugby or Football.
<b>LP3 RLW, I will:</b>  review my learning, recalling and applying key knowledge, and focus on closing any gaps in my knowledge.	<b>23/02/26 - (WK 2)</b>  Frayer Model Words Attack, defence, technique, outwit, opponents, agility.	<b>Homework</b> Create a mind-map of the key movements in Rugby or Football
<b>In LP3.7, I will know:</b> How to explore set plays within a game situation to defend and attack effectively. How to evaluate my performance in this learning programme and performance against the assessment grid. How to plan in small groups an activity to improve weaknesses identified in self-evaluation.  Extended Task.	<b>02/03/26 - (WK 1)</b>  Frayer Model Words Attack, defence, technique, outwit, opponents, agility.	<b>Homework</b> Create a strengths/weakness profile of your performance in either Rugby or Football.
<b>Resources to support learning:</b> Knowledge organisers and lesson material on synergy.		
<b>FFET Award Challenge for this Learning Programme:</b> Create a list of the components of fitness required for different Rugby and Football. Explain how each component is needed for players within each sport.		


 PRT Task 1


 PRT Task 2