

Year 10 PE

Learning Programme 4

The LORIC skill focus for this LP is: INITIATIVE. The Moral Values foci for this LP are: INTEGRITY and GRATITUDE.		Literacy Non-Negotiables: • Capital letters must be used at the start of sentences and for the first letter of proper nouns • Full stops must be used at the end of a sentence • Question marks must be used at the end of a question • Apostrophes should only be used for possession or omission • Days of the week and months must be spelled correctly • Key words must be spelled correctly • Vocabulary to be taught using the Frayer model	
Integrity - Having strong moral principles. I will show integrity by taking responsibility for my actions. Gratitude - Feeling and expressing thanks. I will show gratitude by saying please and thank you.			
What will I be learning about in this Learning Programme? Students will be given an option block to pick a relevant sort in in athletics- This sport involves track and field events including running, throwing and jumping events. Students will learn how the perform at maximum levels and how to accurately replicate techniques and skills in a range of different events. Students will the skills needed to officiate and run athletic events			
Where have I seen this learning before? In Year 9 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:	09/03/26 - (WK 2)	Frayer Model Words	Homework
How to investigate what I will be learning this Learning Programme and how I will be assessed		Speed, Power, Technique, Accuracy, Control, Endurance, Consistency, Performance	Use the 'Look, cover, write, check' method to list the key training principles/key terms of athletics
In LP4.2, I will know:	16/03/26 - (WK 1)	Frayer Model Words	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		Speed, Power, Technique, Accuracy, Control, Endurance, Consistency, Performance	Create a list of the positions (team sports) or events in your sport (athletics)
In LP4.3, I will know:	23/03/26 - (WK 2)	Frayer Model Words	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 Extended Task.		Speed, Power, Technique, Accuracy, Control, Endurance, Consistency, Performance	Make flashcards on the tactics you could use within your sport/activity to gain an advantage (e.g. how to get a head start)
In LP4.4, I will know:	13/04/26 - (WK 1)	Frayer Model Words	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		Speed, Power, Technique, Accuracy, Control, Endurance, Consistency, Performance	Practice some of the key techniques that are used within your sport/activity at home.
In LP4.5, I will know:	20/04/26 - (WK 2)	Frayer Model Words	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 to officiate a shot put competition with support		Speed, Power, Technique, Accuracy, Control, Endurance, Consistency, Performance	Use a method of your choice to revise the rules for your sport/activity.
In LP4.6, I will know:	27/04/26 - (WK 1)	Frayer Model Words	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 Extended Task.		Speed, Power, Technique, Accuracy, Control, Endurance, Consistency, Performance	Create a mind-map of the key movements in your sport/activity.
In LP4.7, I will know:	04/05/26 - (WK 2)	Frayer Model Words	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		Speed, Power, Technique, Accuracy, Control, Endurance, Consistency, Performance	Create a strengths and weaknesses list/table for athletics around your knowledge.
Resources to support learning: Knowledge organisers and lesson material on synergy			
FFET Award Challenge for this Learning Programme: Students will plan, create and deliver a small-scale athletics competition for a group (their class, another year group, or a tutor group).			


 PRT Task 1


 PRT Task 2