

## Year 7 PE

### Learning Programme 4

<p>The LORIC skill focus for this LP is: INITIATIVE. The Moral Values foci for this LP are: INTEGRITY and GRATITUDE.</p> <p>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.</p> <p><b>What will I be learning about in this Learning Programme?</b> What athletics is, involving track and field events including running, throwing and jumping events. Students will learn how to perform at maximum levels and how accurately replicate techniques and skills in a range of different events.</p> <p><b>Where have I seen this learning before?</b> In your first LP 1 you investigated how the body responded to cardiovascular and muscular endurance activities. How cardiovascular endurance has been developed and will be testing our threshold in long distance track events. How to apply hand-eye coordination and throwing skills to field events.</p> <p><b>What could I use it for?</b> 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.</p>		<p><b>Literacy Non-Negotiables:</b></p> <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>
<p><b>In LP4.1, I will know:</b></p> <p>How to investigate what I will be learning this Learning Programme and how I will be assessed</p>	<p>09/03/26 - (WK 2)</p> <p><b>Frayer Model Words</b></p> <p>Speed, Power, Technique, Accuracy, Control, Endurance, Consistency, Performance</p>	<p><b>Homework</b></p> <p>Use the 'Look, cover, write, check' method to list the key training principles/key terms of athletics</p>
<p><b>In LP4.2, I will know:</b></p> <p>How the body responds to long distance endurance events The components of fitness required to participate in the 1500m, 800m and 400m</p>	<p>16/03/26 - (WK 1)</p> <p><b>Frayer Model Words</b></p> <p>Speed, Power, Technique, Accuracy, Control, Endurance, Consistency, Performance</p>	<p><b>Homework</b></p> <p>Create a list of the positions (team sports) or events in your sport (athletics)</p>
<p><b>In LP4.3, I will know:</b></p> <p>How the body responds to short distance track events How to explain the possible tactics and techniques for a successful relay team How to successfully participate in the 100m, 200m and 300m sprint events and utilise the correct technique.</p> <p>Extended Task.</p>	<p>23/03/26 - (WK 2)</p> <p><b>Frayer Model Words</b></p> <p>Speed, Power, Technique, Accuracy, Control, Endurance, Consistency, Performance</p>	<p><b>Homework</b></p> <p>Make flashcards on the tactics you could use within your sport/activity to gain an advantage (e.g. how to get a head start)</p>
<p><b>In LP4.4, I will know:</b></p> <p>The key safety point for shot put How power can be increased in shot put and explain methods to develop power How to accurately replicate the correct technique for shot put</p>	<p>13/04/26 - (WK 1)</p> <p><b>Frayer Model Words</b></p> <p>Speed, Power, Technique, Accuracy, Control, Endurance, Consistency, Performance</p>	<p><b>Homework</b></p> <p>Practice some of the key techniques that are used within your sport/activity at home.</p>
<p><b>In LP4.5, I will know:</b></p> <p>The key safety points for javelin How accuracy can be improved in javelin How to accurately replicate correct technique for javelin</p>	<p>20/04/26 - (WK 2)</p> <p><b>Frayer Model Words</b></p> <p>Speed, Power, Technique, Accuracy, Control, Endurance, Consistency, Performance</p>	<p><b>Homework</b></p> <p>Use a method of your choice to revise the rules for your sport/activity.</p>
<p><b>In LP4.6, I will know:</b></p> <p>How the body responds to endurance and speed based athletic events How to analyse and review my own performance in three athletics events How to improve performance in two athletic events</p> <p>Extended Task.</p>	<p>27/04/26 - (WK 1)</p> <p><b>Frayer Model Words</b></p> <p>Speed, Power, Technique, Accuracy, Control, Endurance, Consistency, Performance</p>	<p><b>Homework</b></p> <p>Create a mind-map of the key movements in your sport/activity.</p>
<p><b>In LP4.7, I will know:</b></p> <p>The key safety point for discus How power can be increased in discus How to accurately replicate correct technique for discus</p>	<p>04/05/26 - (WK 2)</p> <p><b>Frayer Model Words</b></p> <p>Speed, Power, Technique, Accuracy, Control, Endurance, Consistency, Performance</p>	<p><b>Homework</b></p> <p>Create a strengths and weaknesses list/table for athletics around your knowledge.</p>
<p><b>Resources to support learning:</b> Knowledge organisers and lesson material on synergy</p>		
<p><b>FFET Award Challenge for this Learning Programme:</b> Students will plan, create and deliver a small-scale athletics competition for a group (their class, another year group, or a tutor group).</p>		

PRT Task 1

PRT Task 2