

Year 8 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>What will I be learning about in this Learning Programme? The sports involves track and field events including running, throwing and jumping events. Students will learn how the perform at maximum levels and how accurately replicate techniques and skills in a range of different events.</p> <p>Where have I seen this learning before? In LP1 you investigated how your body responds and adapts to different types of physical activity. In Year 7 you learnt the core skills and safety procedures to be able to perform in athletic events.</p> <p>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.</p>		<p>Literacy Non-Negotiables:</p> <ul style="list-style-type: none"> • 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
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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 examine how the body responds and adapts to long distance endurance events How to effectively demonstrate correct technique for 1500m, 800m and 400m events How to examine how the body responds and adapts to short distance speed events		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 compare and contrast techniques and tactics used by elite relay teams How to effectively demonstrate correct starting technique in the 100m and 200m events How to examine the difference between standing shot and glide shot 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 explain the correct safety techniques for shot put How to effectively demonstrate correct glide technique How to examine the difference between standing and run-up javelin throws		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 explain the correct safety techniques for javelin events How to effectively demonstrate correct run-up technique for javelin How to evaluate how the body responds to endurance and speed based athletic events		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 review my own performance in three athletics events How to recommend valid improvements to performance in two athletic events How to examine the importance of the power chain and posture in a discus throw 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 explain the correct safety techniques and equipment for discus events How to effectively demonstrate correct posture in a discus throw How to accurately replicate techniques for three field and track events		Speed, Power, Technique, Accuracy, Control, Endurance, Consistency, Performance	Create a strengths and weaknesses list/table for athletics around your knowledge.



<p>Resources to support learning: Knowledge organisers and lesson material on synergy</p>
<p>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).</p>