

Year 10 PE Learning Programme 5

<p>The LORIC skill focus for this LP is: COMMUNICATION. The Moral Values foci for this LP are: COURAGE and HUMILITY.</p> <p>Courage - Acting with bravery and overcoming fears. I will show courage by answering a question in class even when I'm not 100% sure of the answer. Humility - Having a modest view of oneself. I will show humility by admitting mistakes and asking for help when needed.</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 	
<p>What will I be learning about in this Learning Programme? LP5 will see you develop your fundamental skills of throwing and catching in striking and fielding sports including rounders, cricket and softball.</p> <p>Where have I seen this learning before? In LP3/4 you learned the fundamental movement skills of throwing and catching. These skills are transferable to LP5 where you will look at ways to improve your accuracy and power when throwing and consistency when catching.</p> <p>What could I use it for? In BTEC sport Unit 5 you will look at the sports performer in action and how the body works in sport. It is important that you have a good understanding of numerous sports to be able to make accurate athlete comparisons in your coursework.</p>			
<p>In LP5.1, I will know: 11/05/26 - (WK 1)</p> <p>how to justify how correct technique for controlling and catching the ball impacts a match how to effectively demonstrate correct fielding and ball control techniques</p>			
<p>In LP5.2, I will know: 18/05/26 - (WK 2)</p> <p>how to justify the use of under and over arm throws in a match how to compare and contrast different teams fielding techniques</p>		<p>Frayer Model Words Rules, Throwing, Catching, Bowling, Batting, Accuracy, Ball Control, Power, Technique</p>	<p>Homework Use the 'Look, cover, write, check' method to list the key training principles/key terms of striking and field sports.</p>
<p>LP5 RLW, I will: 01/06/26 - (WK 1)</p> <p>review my learning, recalling and applying key knowledge, and focus on closing any gaps in my knowledge.</p>		<p>Frayer Model Words</p>	<p>Homework Create a list of the positions (team sports) or events in your sport (striking and fielding)</p>
<p>In LP5.3, I will know: 08/06/26 - (WK 2)</p> <p>how to effectively demonstrate under and over arm throws in match situations how to justify the effectiveness of different bowling styles how to evaluate how power and spin can be developed when bowling</p> <p>Extended Task.</p>		<p>Frayer Model Words Rules, Throwing, Catching, Bowling, Batting, Accuracy, Ball Control, Power, Technique</p>	<p>Homework Practice some of the key techniques that are used within your sport/activity at home.</p>
<p>In LP5.4, I will know: 15/06/26 - (WK 1)</p> <p>how to effectively demonstrate two different bowling styles how to justify the effectiveness of different batting styles how to examine how accuracy can be improved when batting</p>		<p>Frayer Model Words Rules, Throwing, Catching, Bowling, Batting, Accuracy, Ball Control, Power, Technique</p>	<p>Homework Use a method of your choice to revise the rules for your sport/activity.</p>
<p>In LP5.5, I will know: 22/06/26 - (WK 2)</p> <p>how to effectively demonstrate two different batting styles how to justify how striking and fielding techniques can effect performance in a game</p>		<p>Frayer Model Words Rules, Throwing, Catching, Bowling, Batting, Accuracy, Ball Control, Power, Technique</p>	<p>Homework Create a mind-map of the key movements in your sport/activity.</p>
<p>In LP5.6, I will know: 29/06/26 - (WK 1)</p> <p>how to review my own throwing, bowling, batting and catching techniques how to recommend valid improvement to performance in two striking and fielding techniques</p> <p>Extended Task.</p>		<p>Frayer Model Words Rules, Throwing, Catching, Bowling, Batting, Accuracy, Ball Control, Power, Technique</p>	<p>Homework Create a strengths and weaknesses list/table for athletics around your knowledge.</p>
<p>In LP5.7, I will know: 06/07/26 - (WK 2)</p> <p>how to investigate the rules and regulations of one striking and fielding sport how to explain the scoring system for a striking and fielding game how to demonstrate understanding of the rules, regulations and scoring systems in a striking and fielding sport</p>		<p>Frayer Model Words Rules, Throwing, Catching, Bowling, Batting, Accuracy, Ball Control, Power, Technique</p>	<p>Homework 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>Resources to support learning: England Rounders; England Cricket & Top End Sports</p>			
<p>FFET Award Challenge for this Learning Programme: Learning will be able to understand the rules in striking and fielding sports, which will help them to plan their own mini-tournament based on cricket, rounders or softball (or a mix of all three).</p>			

PRT Task 1

PRT Task 2