

Year 7 PE

Learning Programme 2

The LORIC skill focus for this LP is: ORGANISATION. The Moral Values foci for this LP are: COMPASSION and HONESTY.			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
Compassion - sympathy and concern for the suffering or misfortunes of others Honesty - being truthful and refraining from cheating or lying			
What will I be learning about in this Learning Programme? In LP1 I will continue to develop fundamental movement skills (catching, throwing, running and footwork). Explore rules, regulations and scoring systems of a range of team sports and learn about the principles of attack and defence.			
Where have I seen this learning before? In LP1 I will know what the component of fitness is required to take part in team sports, I will have learned about fundamental movement skills in year 6 and progress them in this LP. What could I use it for? I will know how to use skills 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			
In LP2.1, I will know: 19/10/26 - (WK 2) Frayer Model Words Homework			
the correct technique for controlling the ball and direction with the ball methods to turn with the ball how to move around cones with control the correct technique for controlling the ball and direction with the ball.		Attack, defence, technique, opponents, agility, outwit.	Use the 'Look, cover, write, check' method to list the key training principles/key terms of your sport or activity.
In LP2.2, I will know: 02/11/26 - (WK 1) Frayer Model Words Homework			
how to pass and receive the ball, showing good technique how to develop power and accuracy of short passes how to develop control when receiving the ball		Attack, defence, technique, opponents, agility, outwit.	
LP2 RLW, I will: 09/11/26 - (WK 2) Frayer Model Words Homework			
review my learning, recalling and applying key knowledge, and focus on closing any gaps in my knowledge.		Attack, defence, technique, opponents, agility, outwit.	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 LP2.3, I will know: 16/11/26 - (WK 1) Frayer Model Words Homework			
how to pass and receive the ball, showing good technique how to develop power and accuracy of short passes how to develop control when receiving the ball Extended Task.		Attack, defence, technique, opponents, agility, outwit.	
In LP2.4, I will know: 23/11/26 - (WK 2) Frayer Model Words Homework			
the principles of attack in team sports how to dodge and use agility in a game Complete PRT Task 1		Attack, defence, technique, opponents, agility, outwit.	
In LP2.5, I will know: 30/11/26 - (WK 1) Frayer Model Words Homework			
how to come up with drills in a team game to focus on keeping the ball away from the defender how to use skills and techniques to participate in a small sided game. how to provide feedback to improve performance after observing the performance of my partner.		Attack, defence, technique, opponents, agility, outwit.	Create a mind-map of the key movements in your sport/activity.
In LP2.6, I will know: 07/12/26 - (WK 2) Frayer Model Words Homework			
how to be an effective defender by applying pressure to attacking players how develop skills to intercept skills when defender Complete assessment 1 Extended Task.		Attack, defence, technique, opponents, agility, outwit.	
In LP2.7, I will know: 14/12/26 - (WK 1) Frayer Model Words Homework			
the correct shooting technique how to demonstrate the correct shooting technique in practice how to evaluate my own performance highlighting areas for strengths and areas for development		Attack, defence, technique, opponents, agility, outwit.	
Resources to support learning: Teams and knowledge organisers.			
FFET Award Challenge for this Learning Programme: Year 7 – Join an extracurricular club at school, create a list of the benefits of this club for your fitness, health and wellbeing.			

PRT Task 1

PRT Task 2