



**Department: Physical Education**

	<u>Assessment Title/Topic</u>	<u>Key Revision Topics</u>
<b>Year 7</b>	<p><b>CONFIDENCE</b></p> <ul style="list-style-type: none"> <li>- Invasion Games (Football, Rugby, Tag Rugby, Handball, Netball, Basketball)</li> <li>- Swimming</li> <li>- Badminton</li> <li>- Fitness</li> <li>- Athletics</li> <li>- S &amp; F</li> <li>- Baseline Testing</li> </ul>	<ul style="list-style-type: none"> <li>- Practical and theoretical end of topic assessments.</li> <li>- Analysis of understanding of tactical and technical elements of isolated, conditioned and game based learning or personal best.</li> <li>- Linked to specific criteria of individual sport.</li> <li>- Invasion Games – Dribbling, passing, tackling, shooting</li> <li>- Swimming – Front crawl, back stroke, breaststroke</li> <li>- Badminton – Serve, overhead clear, smash, dropshot</li> <li>- Fitness – Fitness testing, components of fitness, methods of training</li> <li>- Baseline – Fitness testing and recording</li> <li>- Terminology of muscles, bones, energy systems, heart rate, breathing rates.</li> <li>- Leadership in sport – students reflecting on values surrounding competition.</li> <li>- To find confidence to fail and learn.</li> </ul>
<b>Year 8</b>	<p><b>COOPERTAION</b></p> <ul style="list-style-type: none"> <li>- Invasion Games (Football, Rugby, Tag Rugby, Handball, Netball, Basketball)</li> <li>- Swimming</li> <li>- Badminton</li> <li>- Fitness</li> <li>- Athletics</li> <li>- S &amp; F</li> </ul>	<ul style="list-style-type: none"> <li>- Practical and theoretical end of topic assessments.</li> <li>- Analysis of understanding of tactical and technical elements of isolated, conditioned and game based learning or personal best.</li> <li>- Linked to specific criteria of individual sport.</li> <li>- Invasion Games – Dribbling, passing, tackling, shooting</li> <li>- Swimming – Front crawl, back stroke, breaststroke</li> <li>- Badminton – Serve, overhead clear, smash, dropshot</li> <li>- Fitness – Fitness testing, components of fitness, methods of training</li> <li>- Terminology of muscles, bones, energy systems, heart rate, breathing rates.</li> <li>- Leadership in sport – students reflecting on values surrounding competition.</li> <li>- To work as part of a team and cooperate in competitive situations.</li> </ul>
<b>Year 9</b>	<p><b>COMPETENCE</b></p> <ul style="list-style-type: none"> <li>- Invasion Games (Football, Rugby, Tag Rugby, Handball, Netball, Basketball)</li> <li>- Swimming</li> <li>- Badminton</li> <li>- Fitness</li> <li>- Athletics</li> <li>- S &amp; F</li> </ul>	<ul style="list-style-type: none"> <li>- Practical and theoretical end of topic assessments.</li> <li>- Analysis of understanding of tactical and technical elements of isolated, conditioned and game based learning or personal best.</li> <li>- Linked to specific criteria of individual sport.</li> <li>- Invasion Games – Dribbling, passing, tackling, shooting</li> <li>- Swimming – Front crawl, back stroke, breaststroke</li> <li>- Badminton – Serve, overhead clear, smash, dropshot</li> <li>- Fitness – Fitness testing, components of fitness, methods of training</li> <li>- Terminology of muscles, bones, energy systems, heart rate, breathing rates.</li> <li>- Leadership in sport – students reflecting on values surrounding competition.</li> <li>- To apply a range of skills and tactics consistently in competitive situations</li> </ul>

<p><b>Year 10</b></p>	<p><b>Core – COMPETITIVE</b></p> <ul style="list-style-type: none"> <li>- Invasion Games (Football, Rugby, Tag Rugby, Handball, Netball Basketball)</li> <li>- Swimming</li> <li>- Badminton</li> <li>- Fitness</li> <li>- Athletics</li> <li>- S &amp; F</li> </ul> <p><b>BTEC Sport - CURIOSITY</b></p>	<p><b>CORE</b></p> <ul style="list-style-type: none"> <li>- Practical and theoretical end of topic assessments.</li> <li>- Analysis of understanding of tactical and technical elements of isolated, conditioned and game based learning or personal best.</li> <li>- Linked to specific criteria of individual sport.</li> <li>- Invasion Games – Dribbling, passing, tackling, shooting</li> <li>- Swimming – Front crawl, back stroke, breaststroke</li> <li>- Badminton – Serve, overhead clear, smash, dropshot</li> <li>- Fitness – Fitness testing, components of fitness, methods of training, personal training programmes.</li> <li>- Terminology of muscles, bones, energy systems, heart rate, breathing rates.</li> <li>- Leadership in sport – students reflecting on values surrounding competition.</li> <li>- Develop self-progression and personal best</li> </ul> <p><b>BTEC Sport</b></p> <ul style="list-style-type: none"> <li>- Research and Independent learning.</li> <li>- Know the attributes of a successful sports leader.</li> <li>- Understand the skills, qualities, and responsibilities of a leader</li> <li>- Lesson plan structure</li> <li>- Undertake the planning and leading of a sports activity lesson.</li> <li>- Be confident to lead a session</li> <li>- Understanding Learning outcomes and objectives and put them into practice.</li> <li>- Know about the components of fitness and principles of training</li> <li>- Explore different fitness training methods</li> </ul>
<p><b>Year 11</b></p>	<p><b>Core – CHALLENGE</b></p> <ul style="list-style-type: none"> <li>- Invasion Games (Football, Rugby, Tag Rugby, Handball, Netball Basketball)</li> <li>- Swimming</li> <li>- Badminton</li> <li>- Fitness</li> <li>- Athletics</li> <li>- S &amp; F</li> </ul> <p><b>BTEC Sport - COMMITED</b></p>	<p><b>CORE</b></p> <ul style="list-style-type: none"> <li>- Practical and theoretical end of topic assessments.</li> <li>- Analysis of understanding of tactical and technical elements of isolated, conditioned and game based learning or personal best.</li> <li>- Linked to specific criteria of individual sport.</li> <li>- Invasion Games – Dribbling, passing, tackling, shooting</li> <li>- Swimming – Front crawl, back stroke, breaststroke</li> <li>- Badminton – Serve, overhead clear, smash, dropshot</li> <li>- Fitness – Fitness testing, components of fitness, methods of training, personal training programmes.</li> <li>- Terminology of muscles, bones, energy systems, heart rate, breathing rates.</li> <li>- Leadership in sport – students reflecting on values surrounding competition.</li> <li>- Lead a healthy active lifestyle</li> </ul> <p><b>BTEC Sport</b></p> <ul style="list-style-type: none"> <li>- Take opportunities to excel in the course</li> <li>- Understand the rules, regulations and scoring systems for basketball and badminton</li> <li>- Practically demonstrate skills, techniques and tactics in badminton and basketball.</li> <li>- Understand the rules and regulations of basketball and badminton</li> <li>- Be able to review own performance</li> </ul>

<p><b>Year 12</b></p>	<p><b>BTEC Sport - COMMUNITY</b></p>	<ul style="list-style-type: none"> <li>- <b>Unit 1 Anatomy and Physiology &amp; Unit 4 Leadership in Sport</b></li> <li>- <b>Taking leadership roles in the wider school community</b></li> <li>- <b>Develop a passion for flipped learning and independent research</b></li> <li>- <b>Students leading students in extracurricular opportunities</b></li> <li>- <b>Confidence to explain answers fully regarding specific unit topics.</b></li> <li>- <b>To develop exam specific revision methods regarding Anatomy and physiology tasks.</b></li> <li>- <b>Post 16 Subject specific terminology. Muscles, Bones, Energy systems. Heart rate. Inspiration/ respiration. Breathing rates.</b></li> <li>- <b>Calculate BMI, fitness testing. Joints – Swimming/ S&amp;F. Types of leaders. Calories, diet and antagonistic pairs. Contractions – Isometric, concentric and eccentric. Barriers to exercise (community links). ATP-PC system, lactate system and aerobic system.</b></li> <li>- <b>Independent research into teaching and learning styles and putting them into practice.</b></li> </ul>
<p><b>Year 13</b></p>	<p><b>BTEC Sport - CAREERS</b></p>	<ul style="list-style-type: none"> <li>- <b>Unit 2 Fitness training &amp; programming &amp; Unit 3 Careers in Sport</b></li> <li>- <b>Show commitment to future learning pathways</b></li> <li>- <b>Develop a passion for flipped learning and independent research</b></li> <li>- <b>Students leading students in extracurricular opportunities</b></li> <li>- <b>Confidence to explain answers fully regarding specific unit topics.</b></li> <li>- <b>Transferable unit specific skills</b></li> <li>- <b>Reflection on peers work and own performance</b></li> <li>- <b>Knowledge and understanding of careers and pathways, application process and recruitment</b></li> <li>- <b>Examine lifestyle factors and their effect on health and well-being</b></li> <li>- <b>Understand the screening processes for training programming</b></li> <li>- <b>Understand the programme-related nutritional needs</b></li> <li>- <b>Understand the career and job opportunities in the sports industry</b></li> <li>- <b>Explore own skills using a skills audit to inform a career development action plan</b></li> </ul>