



Department: Physical Education

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

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

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

