

Physical Education

Year Group	Assessment dates	Topic(s) being assessed	Knowledge organiser pages	Material provided	Other information, inc. websites
7	Assessment week 7 13 Nov – 17 Nov	DKB Football, ECA Badminton, ZAH Fitness	P110	Components of Fitness sheets Heart Rates, Training Zones, Types of training. Badminton techniques, rules and tactics	Badminton England website Fitness- Links- Get active, Fitness Blender Association Football FA Website
8	Assessment week 8 30 Oct – 03 Nov	DKB Fitness, ECA Badminton, ZAH Fitness	P110	Components of Fitness sheets Heart Rates, Training Zones, Types of training Badminton techniques, rules and tactics	Badminton England website Fitness- Links- Get active, Fitness Blender
9	Assessment week 8 30 Oct – 03 Nov	DKB Hockey, ZAH Badminton, ECA Fitness	P110	Components of Fitness sheets Heart Rates, Training Zones, Types of training Badminton techniques, rules and tactics	Badminton England website Fitness- Links- Get active, Fitness Blender
10	Assessment week 10 20 Nov – 24 Nov	DKB Table Tennis, ECA Badminton, ZAH Football	P157-166	Table Tennis rules, tactics and techniques. Badminton rules, tactics and techniques. Football techniques, rules and tactics.	ETTA website TT England Fitness- Get active, Fitness Blender Association Football FA Website
11	Mock Examinations (2 weeks) 11 30 Oct – 10 Nov	Contemporary Issues in Sport Issues which affect participation in sport The role of sport in promoting values The implications of hosting a major sporting event for a city or country The role National Governing Bodies (NGBs) play in the development of their sport The use of technology in sport.	P157-166	CNAT booklets	OCR Cambridge National Website - Cambridge Nationals (ocr.org.uk)