

**Physical Education Sporting Assessment**

**YEAR 7 PHYSICAL EDUCATION**

	<b>CYCLE 1</b> <b>SEPT 6TH –</b> <b>OCT 8TH<sup>th</sup></b>	<b>CYCLE 2</b> <b>5</b> <b>OCT 11TH –</b> <b>NOV 19th<sup>th</sup></b>	<b>CYCLE 3</b> <b>5</b> <b>NOV 22<sup>N</sup> –</b> <b>DEC 16<sup>th</sup></b>	<b>CYCLE 4*</b> <b>5</b> <b>JAN 4<sup>th</sup> –</b> <b>FEB 4<sup>th</sup></b>	<b>CYCLE 5</b> <b>5</b> <b>FEB 7<sup>TH</sup> –</b> <b>MARCH 11TH</b>	<b>CYCLE 6*</b> <b>5</b> <b>MARCH 14<sup>TH</sup> –</b> <b>8TH APRIL</b>	<b>CYCLE 7</b> <b>4</b> <b>25<sup>TH</sup> APRIL –</b> <b>27<sup>TH</sup> MAY</b>	<b>CYCLE 8</b> <b>5</b> <b>6<sup>TH</sup> JUN – 21<sup>ST</sup> JULY</b>
<b>7A-PEA</b> <b>ZAH</b>	<b>GYMNASTICS</b>  SPORTS HALL	<b>TABLE TENNIS</b>  ACTIVITY STUDIO	<b>FITNESS</b>  ACTIVITY ST	<b>BADMINTON</b>  SPORTS HALL	<b>FOOTBALL</b>  MUGA	<b>CRICKET</b>  MUGA	<b>BASKETBALL</b>  SPORTS HALL	<b>ATHLETICS +</b>  COMPETITIONS
<b>7A-PEB</b> <b>STE</b>	<b>NETBALL</b>  MUGA	<b>BADMINTON</b>  SPORTS HALL	<b>FOOTBALL</b>  MUGA	<b>GYMNASTICS</b>  ACTIVITY ST	<b>FITNESS</b>  ACTIVITY ST	<b>DANCE</b>  ACTIVITY ST	<b>CRICKET</b>  MUGA/GRASS	<b>ATHLETICS +</b>  COMPETITIONS
<b>7A-PEC</b> <b>DKB</b>	<b>TABLE TENNIS</b>  ACTIVITY ST	<b>FOOTBALL</b>  GRASS/MUGA	<b>GYMNASTICS</b>  SPORTS HALL	<b>FITNESS</b>  MUGA	<b>BADMINTON</b>  SPORTS HALL	<b>BASKETBALL</b>  SPORTS HALL	<b>CRICKET</b>  MUGA/GRASS	<b>ATHLETICS +</b>  COMPETITIONS
<b>7B-PEA</b> <b>ZAH</b>	<b>GYMNASTICS</b>  SPORTS HALL	<b>TABLE TENNIS</b>  ACTIVITY STUDIO	<b>FITNESS</b>  ACTIVITY ST	<b>BADMINTON</b>  SPORTS HALL	<b>FOOTBALL</b>  MUGA	<b>CRICKET</b>  MUGA	<b>BASKETBALL</b>  SPORTS HALL	<b>ATHLETICS +</b>  COMPETITIONS
<b>7B-PEB</b> <b>STE</b>	<b>NETBALL</b>  MUGA	<b>BADMINTON</b>  SPORTS HALL	<b>FOOTBALL</b>  MUGA	<b>GYMNASTICS</b>  ACTIVITY ST	<b>FITNESS</b>  ACTIVITY ST	<b>DANCE</b>  ACTIVITY ST	<b>CRICKET</b>  MUGA/GRASS	<b>ATHLETICS +</b>  COMPETITIONS
<b>7B-PEC</b> <b>DKB</b>	<b>TABLE TENNIS</b>  ACTIVITY ST	<b>FOOTBALL</b>  GRASS/MUGA	<b>GYMNASTICS</b>  SPORTS HALL	<b>FITNESS</b>  MUGA	<b>BADMINTON</b>  SPORTS HALL	<b>BASKETBALL</b>  SPORTS HALL	<b>CRICKET</b>  MUGA/GRASS	<b>ATHLETICS +</b>  COMPETITIONS

*Gymnastics-Safety, Core skills and some advanced skills. Creativity of a routine with control and fluency, choreographic devices, identify strengths and areas to develop.*

*Table Tennis-, technique of core skills in isolation and in competitive games, basic rules, strengths and weaknesses of opponent, basic understanding of tactics.*

*Fitness- written test on the following, Components of fitness, fitness testing, types of training.*

*Badminton- Safety of equipment, core skills in isolation and within competitive games, basic tactics, rules, officiating.*

*Football-technique of core skills, rules, basic tactics, identify strengths and areas to improve, officiating of small sided games.*

*Cricket-technique of core skills, rules, basic tactics, identify strengths and areas to develop, umpire conditioned games.*

*Basketball-technique core skills, rules, basic tactics, identify strengths and areas to develop, referee role.*

*Athletics- techniques of athletic sporting disciplines, running, jumping and throwing, times and distances, officiating.*

*All sporting disciplines include the learning and assessment of warm-ups, stretching and muscle group knowledge.*

**YEAR 8 PHYSICAL EDUCATION**

	<b>CYCLE 1</b> <b>SEPT 6TH –</b> <b>OCT 8TH<sup>th</sup></b>	<b>CYCLE 2</b> <b>5</b> <b>OCT 11TH –</b> <b>NOV 19th<sup>th</sup></b>	<b>CYCLE 3</b> <b>5</b> <b>NOV 22<sup>N</sup> –</b> <b>DEC 16<sup>th</sup></b>	<b>CYCLE 4*</b> <b>5</b> <b>JAN 4<sup>th</sup> –</b> <b>FEB 4<sup>th</sup></b>	<b>CYCLE 5</b> <b>5</b> <b>FEB 7<sup>TH</sup>-</b> <b>MARCH 11TH</b>	<b>CYCLE 6*</b> <b>5</b> <b>MARCH 14<sup>TH</sup>-</b> <b>8TH APRIL</b>	<b>CYCLE 7</b> <b>4</b> <b>25<sup>TH</sup> APRIL-</b> <b>27<sup>TH</sup> MAY</b>	<b>CYCLE 8</b> <b>5</b> <b>6<sup>TH</sup> JUN- 21<sup>ST</sup> JULY</b>
<b>8</b> <b>DKB</b>	<b>TABLE TENNIS</b> ACTIVITY STUDIO	<b>BADMINTON</b> SPORTS HALL	<b>FITNESS</b> ACTIVITY STUDIO	<b>FOOTBALL</b> MUGA/GRASS	<b>TAG RUGBY</b> MUGA	<b>BASKETBALL</b> SPORTSHALL	<b>STRIKE + FIELD</b>	<b>ATHLETICS</b>
<b>8</b> <b>STE</b>	<b>NETBALL</b> MUGA	<b>FITNESS</b> ACTIVITY STUDIO	<b>BASKETBALL</b> SPORTS HALL	<b>BADMINTON</b> SPORTS HALL	<b>DANCE</b> ACTIVITY STUDIO	<b>FOOTBALL</b> MUGA	<b>STRIKE + FIELD</b>	<b>ATHLETICS</b>
<b>8</b> <b>ZAH</b>	<b>BASKETBALL</b> SPORTS HALL	<b>FOOTBALL</b> MUGA	<b>TAG RUGBY</b> MUGA	<b>TABLE TENNIS</b> ACTIVITY STUDIO	<b>BADMINTON</b> SPORTS HALL	<b>FITNESS</b> ACTIVITY STUDIO	<b>STRIKE + FIELD</b>	<b>ATHLETICS</b>
<b>8</b> <b>DKB</b>	<b>TABLE TENNIS</b> ACTIVITY STUDIO	<b>BADMINTON</b> SPORTS HALL	<b>FITNESS</b> ACTIVITY STUDIO	<b>FOOTBALL</b> MUGA/GRASS	<b>TAG RUGBY</b> MUGA	<b>BASKETBALL</b> SPORTSHALL	<b>STRIKE + FIELD</b>	<b>ATHLETICS</b>
<b>8</b> <b>STE</b>	<b>NETBALL</b> MUGA	<b>FITNESS</b> ACTIVITY STUDIO	<b>BASKETBALL</b> SPORTS HALL	<b>BADMIINTON</b> SPORTS HALL	<b>DANCE</b> ACTIVITY STUDIO	<b>FOOTBALL</b> MUGA	<b>STRIKE + FIELD</b>	<b>ATHLETICS</b>
<b>8</b> <b>ZAH</b>	<b>BASKETBALL</b> SPORTSHALL	<b>FOOTBALL</b> MUGA	<b>TAG RUGBY</b> MUGA	<b>TABLE TENNIS</b> ACTIVITY STUDIO	<b>BADMINTON</b> SPORTS HALL	<b>FITNESS</b> ACTIVITY STUDIO	<b>STRIKE + FIELD</b>	<b>ATHLETICS</b>

*Table Tennis- muscle groups, technique of core skills in isolation and in competitive games, basic rules, strengths and weaknesses of opponent, basic understanding of tactics.*

*Fitness-Explaining Components of Fitness, carrying out and rationale for fitness testing, describe the types of training*

*Badminton- demonstrate many core skills in a competitive game, explain rules, officiate doubles or singles, identify strengths and weaknesses of opponent and self.*

*Football- technique of core skills and some advanced, knowledge of rules, describe tactics, identify strengths and areas to improve, officiating of small sided games.*

*Cricket-technique of core skills (fielding, batting and bowling), rules, basic tactics, identify strengths and areas to develop, umpire conditioned games.*

*Basketball-technique core skills, rules, defending and attacking tactics, identify strengths and areas to develop, referee role.*

*Athletics- techniques of athletic sporting disciplines, running, jumping and throwing, times and distances, officiating.*

*All sporting disciplines include the learning and assessment of warm-ups, stretching and muscle group knowledge and describe technique.*

**YEAR 9 PHYSICAL EDUCATION**

	<b>CYCLE 1</b> <b>SEPT 6TH –</b> <b>OCT 8TH<sup>th</sup></b>	<b>CYCLE 2</b> <b>5</b> <b>OCT 11TH –</b> <b>NOV 19th<sup>th</sup></b>	<b>CYCLE 3</b> <b>5</b> <b>NOV 22<sup>N</sup> –</b> <b>DEC 16<sup>th</sup></b>	<b>CYCLE 4*</b> <b>5</b> <b>JAN 4<sup>th</sup> –</b> <b>FEB 4<sup>th</sup></b>	<b>CYCLE 5</b> <b>5</b> <b>FEB 7<sup>TH</sup> –</b> <b>MARCH 11TH</b>	<b>CYCLE 6*</b> <b>5</b> <b>MARCH 14<sup>TH</sup> –</b> <b>8TH APRIL</b>	<b>CYCLE 7</b> <b>4</b> <b>25<sup>TH</sup> APRIL –</b> <b>27<sup>TH</sup> MAY</b>	<b>CYCLE 8</b> <b>5</b> <b>6<sup>TH</sup> JUN – 21<sup>ST</sup> JULY</b>
<b>9</b> <b>DKB</b>	<b>TABLE TENNIS</b> ACTIVITY STUDIO	<b>BADMINTON</b> SPORTS HALL	<b>FITNESS</b> ACTIVITY STUDIO	<b>FOOTBALL</b> MUGA/GRASS	<b>HOCKEY</b> MUGA	<b>BASKETBALL</b> SPORTSHALL	<b>STRIKE + FIELD</b>	<b>ATHLETICS</b>
<b>9</b> <b>STE</b>	<b>NETBALL</b> MUGA	<b>FITNESS</b> ACTIVITY STUDIO	<b>BASKETBALL</b>  SPORTS HALL	<b>BADMINTON</b>  SPORTS HALL	<b>TABLE TENNIS</b> ACTIVITY STUDIO	<b>FOOTBALL</b> MUGA	<b>STRIKE + FIELD</b>	<b>ATHLETICS</b>
<b>9</b> <b>ZAH</b>	<b>BASKETBALL</b> SPORTS HALL	<b>FOOTBALL</b> MUGA	<b>HOCKEY</b> MUGA	<b>TABLE TENNIS</b> ACTIVITY STUDIO	<b>BADMINTON</b> SPORTS HALL	<b>FITNESS</b> ACTIVITY STUDIO	<b>STRIKE + FIELD</b>	<b>ATHLETICS</b>
<b>9</b> <b>DKB</b>	<b>TABLE TENNIS</b> ACTIVITY STUDIO	<b>BADMINTON</b> SPORTS HALL	<b>FITNESS</b> ACTIVITY STUDIO	<b>FOOTBALL</b> MUGA/GRASS	<b>HOCKEY</b> MUGA	<b>BASKETBALL</b> SPORTSHALL	<b>STRIKE + FIELD</b>	<b>ATHLETICS</b>
<b>9</b> <b>STE</b>	<b>NETBALL</b> MUGA	<b>FITNESS</b> ACTIVITY STUDIO	<b>BASKETBALL</b> SPORTS HALL	<b>BADMIINTON</b> SPORTS HALL	<b>TABLE TENNIS</b> ACTIVITY STUDIO	<b>FOOTBALL</b> MUGA	<b>STRIKE + FIELD</b>	<b>ATHLETICS</b>
<b>9</b> <b>ZAH</b>	<b>BASKETBALL</b> SPORTSHALL	<b>FOOTBALL</b> MUGA	<b>HOCKEY</b> MUGA	<b>TABLE TENNIS</b> ACTIVITY STUDIO	<b>BADMINTON</b> SPORTS HALL	<b>FITNESS</b> ACTIVITY STUDIO	<b>STRIKE + FIELD</b>	<b>ATHLETICS</b>

*Table Tennis- technique of core skills in isolation and in competitive games, advanced skills, all rules, strengths and weaknesses of self and opponent, basic understanding of tactics.*

*Fitness-describe the components of fitness, fitness testing, types of training, lead a fitness session with a peer, normative data.*

*Badminton-mastery of most core skills together with some advanced, shot selection, core skill, strategies to influence the game, analysis of self-performance.*

*Football-mastery of core skills, advanced skills, analysis of self-performance, student leadership and refereee 7v7 game.*

*Cricket-demonstrate most core skills with some advanced skill, umpire showing strong knowledge of the signals and decisions, offer advice on strengths and areas to improve to self and peers.*

*Basketball-consolidation of most core skills with some advanced, knowledge of rules, scoring systems, Analysis of self and peers.*

*Athletics- techniques of athletic sporting disciplines, running, jumping and throwing, times and distances, officiating and performance analysis against normative data.*

*All sporting disciplines include the learning and assessment of warm-ups, stretching and muscle group knowledge and describe technique.*

*Grades are partly based on skill performance in all year groups, where control, accuracy and consistency is key.*

**YEAR 10 PHYSICAL EDUCATION**

	<b>Half term 1 Sept-Oct</b>	<b>Half Term 2 Nov-Dec</b>	<b>Half Term 3 Jan-Feb</b>	<b>Half Term 4 March-April</b>	<b>Half Term 5 April-May</b>	<b>Half Term 6 June-July</b>
<b>10 DKB</b>	<b>BASKETBALL</b> SPORTS HALL	<b>TABLE TENNIS</b> ACTIVITY STUDIO	<b>FITNESS</b> ACTIVITY STUDIO	<b>FOOTBALL</b> MUGA	<b>STRIKE + FIELD</b>	<b>ATHLETICS</b>
<b>10 STE</b>	<b>NETBALL</b> MUGA	<b>BADMINTON</b> SPORTS HALL	<b>FOOTBALL</b> MUGA	<b>BASKETBALL</b> SPORTS HALL	<b>STRIKE + FIELD</b>	<b>ATHLETICS</b>
<b>10 ZAH</b>	<b>FITNESS</b> ACTIVITY STUDIO	<b>FOOTBALL</b> MUGA	<b>BASKETBALL</b> SPORTS HALL	<b>TABLE TENNIS</b> ACTIVITY STUDIO	<b>STRIKE + FIELD</b>	<b>ATHLETICS</b>
<b>10 DKB</b>	<b>BASKETBALL</b> SPORTS HALL	<b>TABLE TENNIS</b> ACTIVITY STUDIO	<b>FITNESS</b> ACTIVITY STUDIO	<b>FOOTBALL</b> MUGA	<b>STRIKE + FIELD</b>	<b>ATHLETICS</b>
<b>10 STE</b>	<b>NETBALL</b> MUGA	<b>BADMINTON</b> SPORTS HALL	<b>FOOTBALL</b> MUGA	<b>BASKETBALL</b> SPORTS HALL	<b>STRIKE + FIELD</b>	<b>ATHLETICS</b>
<b>10 ZAH</b>	<b>FITNESS</b> ACTIVITY STUDIO	<b>FOOTBALL</b> MUGA	<b>BASKETBALL</b> SPORTS HALL	<b>TABLE TENNIS</b> ACTIVITY STUDIO	<b>STRIKE + FIELD</b>	<b>ATHLETICS</b>

*Table Tennis- mastery or core skills, all rules, strengths and weaknesses of opponent, explanation of and understanding of tactics, performance analysis.*

*Fitness-Components of fitness definitions, fitness testing, types of training, explanation of types or training and why they are used, lead part of a session.*

*Badminton- mastery of core skills and most advanced skills, umpire singles and doubles demonstrating knowledge of all rules,*

*Football- mastery of core skills and many advanced Complex/in-depth tactics*

*Cricket-demonstrate all core skills with some advanced skill, umpire showing strong knowledge of the signals and decisions, offer advice on strengths and areas to improve to self and peers.*

*Basketball-consolidation of most core skills with some advanced, knowledge of rules, scoring systems, Analysis of self and peers.*

*Athletics- techniques of athletic sporting disciplines, running, jumping and throwing, times and distances, officiating and performance analysis.*

*All sporting disciplines include the learning and assessment of warm-ups, stretching and muscle group knowledge and describe technique.*

*Grades are based on skill performance in all year groups, where control, accuracy and consistency is key.*

**Year 11 OCR Cambridge National Level 1/2 Sports Studies**

	<b>Half Term 1</b>	<b>Half Term 2</b>	<b>Half Term 3</b>	<b>Half Term 4</b>	<b>Half Term 5</b>	<b>Half Term 6</b>
<b>RO51</b> <i>Contemporary Issues in Sport</i>	<b>User Groups</b> <b>Barriers in Sport</b> <b>Solutions and Promotions</b>	<b>Factors</b> <b>REPS</b> <b>Physical Activity and Sport</b>	<b>Olympic Values, Sporting</b> <b>Etiquette, Sporting</b> <b>Initiatives</b>	<b>Major Sporting Events</b> <b>Hosting-Benefits &amp;</b> <b>Drawbacks</b>	<b>National Governing Bodies</b> <b>Assessment Preparation</b> <b>Examination</b>	<b>RO53</b> <b>Sports Leadership</b>
<b>RO52</b> <i>Developing Sports Skills</i>	<b>Developing Sports Skills</b> <b>Individual and Team</b>	<b>Developing Sports Skills</b> <b>Individual and Team</b>	<b>Developing Sports Skills</b> <b>Individual and Team</b>	<b>Developing Sports Skills</b> <b>And Officiating</b>	<b>Assessment of</b> <b>Performance</b>	<b>Assessment of</b> <b>Performance</b>

