

Curriculum on a page

PHYSICAL EDUCATION	Autumn Term	Spring term	Summer term	Assessment of learning	Enrichment opportunities / wider reading
<b>Year 7</b>	Boys –Rugby, Table tennis Girls – Netball, Dance	Boys – Basketball, Football Girls – Trampolineing, Football	Boys – Cricket and Athletics Girls – Athletics and Striking and Fielding	Assessment in Physical Education is a formative process where pupils are assessed practically in all the sports they complete throughout Year 7, 8 and 9. Pupils also complete assessment-tracking booklets where they self-assess their own individual performance in 3 categories – Health, Thinking and Social.	Across key stage 3 there are a wide range of school teams and clubs for pupils to access including: Boys football Girls football Girls Netball Boys Rugby Girls Rugby Basketball Table Tennis Running club Cricket Athletics Weightlifting Badminton
<b>Year 8</b>	Boys –Rugby, Table tennis Girls – Netball, Dance	Boys – Basketball, Football Girls – Trampolineing, Football	Boys – Cricket and Athletics Girls – Athletics and Striking and Fielding		
<b>Year 9</b>	Boys –Rugby, Table tennis Girls – Netball, Dance	Boys – Basketball, Football Girls – Trampolineing, Football	Boys – Cricket and Athletics Girls – Athletics and Striking and Fielding		
<b>Year 10 – BTEC SPORT TECH AWARD</b>	<p>In Year 10, the BTEC Sport Tech Award course covers <b>Component 1 Preparing Participants to Take Part in Sport and Physical Activity</b>. Pupils will explore the different types and provision of sport and physical activity available for different types of participants, barriers to participation and ways to overcome these barriers to increase participation in sport and physical activity. They will also research equipment and technological advances in a chosen sport or physical activity and how to prepare our bodies for participation in sport and physical activity.</p> <p>Also in Year 10, pupils begin to complete work on <b>Component 2 Taking Part and Improving Other Participants Sporting Performance</b>. Pupils will investigate the components of fitness and their effect on performance, take part in practical sport, explore the role of officials in sport and learn to apply methods and sporting drills to improve other participants’ sporting performance.</p>			<p>The BTEC Sport First and Tech Award Level 2 courses are assessed using a variety of methods. Assignments for each unit vary; however include PowerPoint presentations, written Word documents, observation record sheets, written reports and practical sports performance. Pearson Set assignments are also used in the Tech Award were learners are assessed internally during a 5 hour assessment window. The Unit 1 Fitness for Sport and Exercise topic is an online examination which can be revisited if pupils are unhappy with their original grading.</p>	<p>At KS4, clubs, school teams and extracurricular activities are still offered as outlined above at KS3 however, there a variety of lunchtime and after-school EPS sessions to support pupils on the BTEC Sport course.</p> <p>Useful Links to Revision Materials</p> <p><a href="https://www.amazon.co.uk/BTEC-First-Sport-Revision-Guide/">https://www.amazon.co.uk/BTEC-First-Sport-Revision-Guide/</a></p> <p><a href="https://www.amazon.co.uk/BTEC-First-Sport-Revision-Workbook">https://www.amazon.co.uk/BTEC-First-Sport-Revision-Workbook</a></p>
<b>Year 11 – BTEC SPORT FIRST AWARD</b>	<p>In the first terms of Year 11, pupils complete <b>Unit 1 Fitness for Sport and Exercise</b>, which is assessed by online examination. Topics covered include: components of fitness and principles of training, fitness training methods and fitness testing.</p> <p>Finally, in the Spring/Summer terms of Year 11, pupils complete <b>Unit 3 Applying the Principles of Personal Training</b>. In this unit pupils, design and evaluate a personal training programme alongside learning about the cardiorespiratory and musculoskeletal systems.</p>				

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Assessment Map 2022-23



Department: PE/BTEC Sport

EPS	Year 7	Year 8	Year 9	Year 10 – BTEC TECH AWARD	Year 11 – BTEC FIRST AWARD
2	<p><b>Focus:</b> Boys – Rugby, Table tennis Girls – Netball, Dance</p> <p><b>Structure:</b>  Ongoing formative assessment of relevant skills, techniques, tactics and choreography. Summative assessment lesson focusing on all key skill areas learnt and how pupils apply learnt knowledge into competitive situations.</p> <p><b>Knowledge and skills assessed:</b>  Pupils will be assessed against practical elements of the activity and against individual skills, techniques and team tactics where appropriate.</p>	<p><b>Focus:</b> Boys – Rugby, Table Tennis Girls – Netball, Dance</p> <p><b>Structure:</b>  Ongoing formative assessment of relevant skills, techniques, tactics and choreography. Summative assessment lesson focusing on all key skill areas learnt and how pupils apply learnt knowledge into competitive situations.</p> <p><b>Knowledge and skills assessed:</b>  Pupils will be assessed against practical elements of the activity and against individual skills, techniques and team tactics where appropriate.</p>	<p><b>Focus:</b> Boys – Rugby, Table Tennis Girls – Netball, Dance</p> <p><b>Structure:</b>  Ongoing formative assessment of relevant skills, techniques, tactics and choreography. Summative assessment lesson focusing on all key skill areas learnt and how pupils apply learnt knowledge into competitive situations.</p> <p><b>Knowledge and skills assessed:</b>  Pupils will be assessed against practical elements of the activity and against individual skills, techniques and team tactics where appropriate.</p>	<p><b>Focus:</b> Preparing Participants to Take Part in Sport and Physical Activity</p> <p><b>Structure:</b>  Component 1 split into 3 main areas which are they tested through internal examination against a Pearson Set Assignment.</p> <p><b>Knowledge and skills assessed:</b>  Learners will explore the different types and provision of sport and physical activity available for different types of participants, barriers to participation and ways to overcome these barriers to increase participation in sport and physical activity.</p> <p>They will also research equipment and technological advances in a chosen sport or physical activity and how to prepare our bodies for participation in sport and physical activity.</p>	<p><b>Focus:</b> Fitness for Sport and Exercise</p> <p><b>Structure</b>  1 paper worth 25% of overall final grade. Marked out of 60. Pupils have opportunity to re-sit exam paper once during year 11</p> <p><b>Knowledge and skills assessed:</b>  Physical fitness and skill-related fitness components.</p> <p>Exercise intensity including Max HR, HR training zones and Rating of Perceived Exertion (Borg Scale)</p> <p>FITT Principles of Training</p> <p>Additional Principles of Training including: Progressive Overload, Specificity, Adaptation, Variation, Rest and Recovery</p> <p>Methods of Training for Flexibility, Strength, Muscular Endurance and Power, Aerobic Endurance and Speed.</p> <p>Fitness Testing and interpreting results for Aerobic Endurance, Muscular Endurance, Power,</p>

					<p>Speed, Flexibility, Muscular Strength and Body Composition.</p> <p>Applying sport-specific examples to a range of fitness related questions.</p>
4	<p><b><u>Focus:</u></b> Boys - Basketball, Football Girls – Trampoline, Football</p> <p><b><u>Structure:</u></b> Ongoing formative assessment of relevant skills, techniques, tactics and choreography. Summative assessment lesson focusing on all key skill areas learnt and how pupils apply learnt knowledge into competitive situations.</p> <p><b><u>Knowledge and skills assessed:</u></b>  Pupils will be assessed against practical elements of the activity and against individual skills, techniques and team tactics where appropriate.</p>	<p><b><u>Focus:</u></b> Boys - Basketball, Football Girls – Trampoline, Football</p> <p><b><u>Structure:</u></b> Ongoing formative assessment of relevant skills, techniques, tactics and choreography. Summative assessment lesson focusing on all key skill areas learnt and how pupils apply learnt knowledge into competitive situations.</p> <p><b><u>Knowledge and skills assessed:</u></b>  Pupils will be assessed against practical elements of the activity and against individual skills, techniques and team tactics where appropriate.</p>	<p><b><u>Focus:</u></b> Boys - Basketball, Football Girls – Trampoline, Football</p> <p><b><u>Structure:</u></b> Ongoing formative assessment of relevant skills, techniques, tactics and choreography. Summative assessment lesson focusing on all key skill areas learnt and how pupils apply learnt knowledge into competitive situations.</p> <p><b><u>Knowledge and skills assessed:</u></b>  Pupils will be assessed against practical elements of the activity and against individual skills, techniques and team tactics where appropriate.</p>		<p><b><u>Focus:</u></b> Applying the principles of personal training</p> <p><b><u>Structure:</u></b>  Unit covers topics including anatomy and physiology, designing and implement a six week training programme, evaluating a programme with future goal setting</p> <p><b><u>Knowledge and skills assessed:</u></b>  Information to aid a fitness training programme</p> <p>Programme design</p> <p>Musculoskeletal system</p> <p>Cardiorespiratory system</p>

					Safely completing a fitness training programme  Review a fitness training programme
6	<p><b>Focus:</b> Boys – Athletics and Cricket Girls – Athletics and Striking and Fielding</p> <p><b>Structure:</b> Ongoing formative assessment of relevant skills, techniques, tactics and choreography. Summative assessment lesson focusing on all key skill areas learnt and how pupils apply learnt knowledge into competitive situations.</p> <p><b>Knowledge and skills assessed:</b> Pupils will be assessed against practical elements of the activity and against individual skills, techniques and team tactics where appropriate.</p>	<p><b>Focus:</b> Boys – Athletics and Cricket Girls – Athletics and Striking and Fielding</p> <p><b>Structure:</b> Ongoing formative assessment of relevant skills, techniques, tactics and choreography. Summative assessment lesson focusing on all key skill areas learnt and how pupils apply learnt knowledge into competitive situations.</p> <p><b>Knowledge and skills assessed:</b> Pupils will be assessed against practical elements of the activity and against individual skills, techniques and team tactics where appropriate.</p>	<p><b>Focus:</b> Boys – Athletics and Cricket Girls – Athletics and Striking and Fielding</p> <p><b>Structure:</b> Ongoing formative assessment of relevant skills, techniques, tactics and choreography. Summative assessment lesson focusing on all key skill areas learnt and how pupils apply learnt knowledge into competitive situations.</p> <p><b>Knowledge and skills assessed:</b> Pupils will be assessed against practical elements of the activity and against individual skills, techniques and team tactics where appropriate.</p>	<p><b>Focus:</b> Taking Part and Improving Other Participants Sporting Performance</p> <p><b>Structure:</b> Component 2 split into 3 main areas which are they tested through internal examination against a Pearson Set Assignment.</p> <p><b>Knowledge and skills assessed:</b> Learners will investigate the components of fitness and their effect on performance, take part in practical sport, explore the role of officials in sport and learn to apply methods and sporting drills to improve other participants' sporting performance.</p>	