

Year 10 Learning Journey 2023-2024

Week	Date	Theory	Practical	Assessment
1(wed)	4.09.23	Theory – Sports Psychology (Paper 2) AO1 – Knowledge and Understanding of the bones, muscles and joints within the body AO2 – Link knowledge to sporting examples AO3 – Link types of movements to sporting examples	AO4 – Netball Evidence of skills in full context Select two events from possible choices	Theory Mid Unit Assessment Practical Controlled assessment/moderation
2	11.09.23			
3	18.09.23			
4	25.09.23			
5	02.10.23			
6	9.10.23			
7	16.10.23			
Half term				
8	30.10.23	Theory – Sports Psychology (Paper 2) AO1 – Knowledge and Understanding of structure of heart and lungs AO2 – Examples of these in a sporting context AO3 – Impact they have on sporting performance	AO4 - Badminton Practical Evidence of skills in full context 1. Service (short/long/forehand/backhand) 2. Overhead (clear/drop) 3. Backhand 4. Net play 5. Smash	Theory Long Answer Question End of topic assessment Practical Controlled assessment/moderation
9	6.11.23			
10	13.11.23			
11	20.11.23			
12	27.11.23			
13	4.12.23			
14	11.12.23			
CHRISTMAS				
15(Tue)	2.01.24	Theory – Musculoskeletal System (Paper 1) AO1 – Knowledge and Understanding of lever systems, planes ad axes AO2 – Changes to the cardiovascular system during exercise. Aerobic and anaerobic respiration differences in different sports AO3 – Impact they have on sporting performance	AO4 - Football Evidence of skills in full context 1. Bottom/top rope climbing, 2. Rope work/safety set up 3. Overhang/mantle 4. Traversing 5. Abseiling	Theory Mid Unit Assessment Long Answer Question End of topic assessment Practical Controlled assessment/moderation
16	8.01.24			
17	15.01.24			
18	22.01.24			
19	29.01.24			
20	5.02.24			
Half term				
21	19.02.24	Theory – Cardio Respiratory System (Paper 1) AO1 – Knowledge and Understanding of components of fitness AO2 – Examples of these in a sporting context AO3 – Impact they have on sporting performance	AO4 - Basketball Practical Evidence of skills in full context 1. Passing/receiving 2. Dribbling 3. Shooting/Rebounding 4. Marking 5. Intercepting	Theory Mid Unit Assessment Long Answer Question End of Unit Assessment Practical Controlled assessment/moderation
22	26.02.24			
23	4.03.24			
24	11.03.24			
25	18.03.24			
26	27.03.24			

EASTER				
21	19.02.24	Theory – Physical Training (Paper 1) EOYE exam prep EOYE EOYE RAP AO1 – Knowledge and Understanding of types of training AO2 – Applying principles of training to training programme AO3 – Evaluate the impact of training programme on improving components of fitness.	AO2 – Athletics Evidence of skills in full context Select two events from possible choices EOYE Prep	Theory – Coursework prep Practical Controlled assessment/moderation
22	26.02.24			
23	4.03.24			
24	11.03.24			
25	18.03.24			
26	27.03.24			
Half term				
27	17.04.24	Theory – NEA Part 3 Analysis and Evaluation of Performance	AO4 - Hockey Practical Evidence of skills in full context 1. Passing/receiving 2. Tackling/marking 3. Dribbling/moving 4. Shooting/ 5. Heading	Theory – Coursework Practical Controlled assessment/moderation Annual Exam
28	24.04.24			
29 (BH)	02.05.24			
30	08.05.24			
31	15.05.24			
32	22.05.24	Theory – NEA Part 3 Analysis and Evaluation of Performance deadline		Theory – Coursework Practical Controlled assessment/moderation
27	17.04.24	Work Experience		

Name:		Tutor:	<u>Year 10 Assessment Progress Tracker 2022-2023</u> Key Constructs: <u>AO1-</u> Understanding of key terms <u>AO2-</u> Applying key terms to sporting examples <u>AO3-</u> Evaluate/justify/assessing impact <u>AO4-</u> Practical Performance
Subject Target		Mock Grade:	
	Flightpath	BFL	
Autumn 1			
Autumn 2			
Spring 1			
Spring 2			
Summer 1			
Summer 2			

Assessment tracker

Date	Assessment	Flightpath Grade	Action (s) to make progress
Autumn 1	Practical Assessment Rugby		
Autumn 1	Mid Unit Test Sports Psychology		
Autumn 1	Long Answer Question Sports Psychology		
Autumn 2	Practical Assessment Badminton		
Autumn 2	End of Unit Test Sports Psychology		
Spring 1	Mid Unit Test Anatomy and Physiology		
Spring 1	Long Answer Question Anatomy and Physiology		
Spring 1	Practical Assessment Netball		
Spring 1	Practical Assessment Football		
Spring 2	End of Unit Test Anatomy and Physiology		

Spring 2	Mid Unit Assessment Socio-cultural Influences		
Spring 2	Long Answer Question Socio-cultural Influences		
Spring 2	Practical Assessment Basketball		
Summer 1	End of Unit Test Socio-cultural Influences		
Summer 1	Mid-Unit Test Physical Training		
Summer 1	Practical Assessment Cricket		
Summer 1	Mid Unit Assessment Physical Training		
Summer 2	Practical Assessment Athletics		
Summer 2	End Of Unit Test Physical Training		
Summer 2	Practical Assessment Tennis		
Summer 2	End of Year Exam		