

## Year 11 Learning Journey 2023-2024

Week	Date	Theory	Practical	Assessment
<b>1(wed)</b>	<b>4.09.23</b>	Physical Training (Paper 2)	<b>AO4</b> – Rugby	Theory – Coursework and end of unit test.
<b>2</b>	<b>11.09.23</b>	<b>AO1</b> – Knowledge and Understanding of importance of warm up and cool down	Practical Evidence or skills in full context	Practical – Controlled Assessment/ Moderation
<b>3</b>	<b>18.09.23</b>	<b>AO2</b> – Applying training seasons to a sports performer	1. Passing	
<b>4</b>	<b>25.09.23</b>	<b>AO3</b> – Evaluate impact on sports performance	2. Tackling	
<b>5</b>	<b>02.10.23</b>		3. Rucking/mauling	
<b>6</b>	<b>9.10.23</b>		4. Kicking	
<b>7</b>	<b>16.10.23</b>		5. Movement	
<b>Half term</b>				
<b>8</b>	<b>30.10.23</b>	<b>Mock prep</b>	<b>AO4</b> - Badminton	Theory – Mock
<b>9</b>	<b>6.11.23</b>	<b>Mocks</b>	Practical Evidence of skills in full context	Practical – Controlled Assessment/ Moderation
<b>10</b>	<b>13.11.23</b>	<b>Mocks</b>	1. Service (short/long/forehand/backhand)	
<b>11</b>	<b>20.11.23</b>	<b>Addressing misconceptions</b>	2. Overhead ( clear/drop)	
<b>12</b>	<b>27.11.23</b>	<b>Addressing misconceptions</b>	3. Backhand	
<b>13</b>	<b>4.12.23</b>		4. Net play	
<b>14</b>	<b>11.12.23</b>	<b>Mock results day</b>	5. Smash	
<b>CHRISTMAS</b>				
<b>15(Tue)</b>	<b>2.01.24</b>	Theory – Health, Fitness and Well-being (Paper 1)	<b>AO4</b> - Football	Theory Mid Unit Assessment
<b>16</b>	<b>8.01.24</b>		Evidence of skills in full context	Long Answer Question End of topic assessment
<b>17</b>	<b>15.01.24</b>	<b>AO1</b> – Knowledge and Understanding of health, fitness, diet, nutrition and energy use.	1. Bottom/top rope climbing,	Practical
<b>18</b>	<b>22.01.24</b>	<b>AO2</b> – Link knowledge to sporting examples	2. Rope work/safety set up	Controlled assessment/moderation
<b>19</b>	<b>29.01.24</b>	<b>AO3</b> – Evaluate impact on sports performance	3. Overhang/mantle	
<b>20</b>	<b>5.02.24</b>		4. Traversing	
			5. Abseiling	
<b>Half term</b>				
<b>21</b>	<b>19.02.24</b>	Movement Analysis (Paper 1)	<b>AO4</b> - Basketball	Theory Mid Unit Assessment
<b>22</b>	<b>26.02.24</b>	<b>AO1</b> – Knowledge and Understanding of lever systems, planes ad axes	Practical Evidence of skills in full context	Long Answer Question End of Unit Assessment
<b>23</b>	<b>4.03.24</b>	<b>AO2</b> – Changes to the cardiovascular system during exercise. Aerobic and anaerobic respiration differences in different sports	1. Passing/receiving	Practical
<b>24</b>	<b>11.03.24</b>	<b>AO3</b> – Impact they have on sporting performance	2. Dribbling	Controlled assessment/moderation
<b>25</b>	<b>18.03.24</b>		3. Shooting/Rebounding	
<b>26</b>	<b>27.03.24</b>		4. Marking	
			5. Intercepting	
<b>EASTER</b>				

27	17.04.24	Revision and Exam preparation	9 mark question practice	In class past papers and exam questions
28	24.04.24			
29 (BH)	02.05.24			
30	08.05.24			
31	15.05.24			
32	22.05.24			
Half term				
33	05.06.24	Exams		
34	12.06.24			
35	19.06.24			
36	23.06.24			
37	03.07.24			
33	05.06.24			
34	12.06.24			

Name:		Tutor:	<b><u>Year 11 Assessment Progress Tracker 2022-2023</u></b> <b>Key Constructs:</b>  <b><u>AO1-</u></b> Understanding of key terms <b><u>AO2-</u></b> Applying key terms to sporting examples <b><u>AO3-</u></b> Evaluate/justify/assessing impact <b><u>AO4-</u></b> Practical Performance
Subject Target		Mock Grade:	
	Flightpath	BFL	
Autumn 1			
Autumn 2			
Spring 1			
Spring 2			
Summer 1			
Summer 2			

#### Assessment tracker

Date	Assessment	Flight-path Grade	Action (s) to make progress
Autumn 1	Physical Training End of Unit test		
Autumn 1	Athletics		
Autumn 2	Analysis and Evaluation		
Autumn 2	Mock Paper 1		
Autumn 2	Climbing		
Spring 1	Health, Fitness and Well-being End of Unit Test		
Spring 1	Badminton		
Spring 2	Mock Paper 2		