

## Year 10 Learning Journey 2023-2024

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

EASTER

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

<b>Name:</b>		<b>Tutor:</b>	<b><u>Year 10 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
<b>Subject Target</b>		<b>Mock Grade:</b>	
	<b>Flightpath</b>	<b>BFL</b>	
<b>Autumn 1</b>			
<b>Autumn 2</b>			
<b>Spring 1</b>			
<b>Spring 2</b>			
<b>Summer 1</b>			
<b>Summer 2</b>			

**Assessment tracker**

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

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