

Year 11 Learning Journey 2024-2025

Week	Date	Theory	Practical	Assessment	
1 (Thurs)	5.09.24	Physical Training (Paper 2)	AO4 – Rugby	Theory – Coursework and end of unit test.	
2	9.09.24	AO1 – Knowledge and Understanding of importance of methods of training safety considerations and warm up and cool down	Practical Evidence or skills in full context	Practical – Controlled Assessment/ Moderation	
3	16.09.24		1. Passing		
4	23.09.24		2. Tackling		
5	30.09.24	AO2 – Applying training seasons to a sports performer	3. Rucking/mauling		
6	7.10.24	AO3 – Evaluate impact on sports performance	4. Kicking		
7	14.10.24		5. Movement		
8	21.10.24				
Half term					
9	4.11.24	Mock prep	AO4 - Badminton	Theory – Mock	
10	11.11.24	Mocks	Practical Evidence of skills in full context	Practical – Controlled Assessment/ Moderation	
11	18.11.24	Mocks	1. Service (short/long/forehand/backhand)		
12	25.11.24	Addressing misconceptions	2. Overhead (clear/drop)		
13	2.12.24	Addressing misconceptions	3. Backhand		
14	9.12.24		4. Net play		
15	16.12.24	Mock results day	5. Smash		
CHRISTMAS					
16	6.01.25	Theory – Health, Fitness and Well-being (Paper 1)	AO4 - Football		Theory Mid Unit Assessment Long Answer Question End of topic assessment
17	13.01.25		Evidence of skills in full context	Practical Controlled assessment/moderation	
18	20.01.25		1. Bottom/top rope climbing,		
19	27.01.25	AO1 – Knowledge and Understanding of health, fitness, diet, nutrition and energy use.	2. Rope work/safety set up		
20	3.01.25		3. Overhang/mantle		
21	10.02.25	AO2 – Link knowledge to sporting examples AO3 – Evaluate impact on sports performance	4. Traversing		
			5. Abseiling		
Half term					
22	24.02.25	Movement Analysis (Paper 1)	AO4 - Basketball	Theory Mid Unit Assessment Long Answer Question End of Unit Assessment	
23	3.03.25	AO1 – Knowledge and Understanding of lever systems, planes ad axes	Practical Evidence of skills in full context	Practical Controlled assessment/moderation	
24	10.03.25	AO2 – Changes to the cardiovascular system during exercise. Aerobic and anaerobic respiration differences in different sports	1. Passing/receiving		
25	17.03.25		2. Dribbling		
26	24.03.25		3. Shooting/Rebounding		
			4. Marking		
			5. Intercepting		

27	31.03.25	AO3 – Impact they have on sporting performance		
EASTER				
28(BH)	21.04.25	Revision and Exam preparation	9 mark question practice	In class past papers and exam questions
29	28.04.25			
30(BH)	06.05.25			
31	12.05.25			
32	19.05.25			
Half term				
33	2.06.25	Exams		
34	9.06.25			
35	16.06.25			
36	23.06.25			
37	30.07.25			
38	7.07.25			
39	14.07.25			

Name:		Tutor:	<u>Year 11 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	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		

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