

Year 7 Learning Journey 2020-2021

Week	Date	Key Construct AO1, AO2, AO3, AO4		Assessment		
1	07.09.20	Badminton/Netball Rugby/Football Gymnastic/Basketball Fitness/Hockey	AO1 – Physical Training knowledge of the constituent parts of a warm up and cool down.	AO4 Part 1 Skills /10		
2	14.09.20					
3	21.09.20					
4	28.09.20		AO2 – Plan and demonstrate a full 4 part warm up.		AO4 Part 2 Full Context /15	
5	05.10.20					
6	12.10.20					
7	19.10.20					
Half term						
8	02.11.20	Badminton/Netball Rugby/Football Gymnastic/Basketball Fitness/Hockey	AO2 – Plan and demonstrate a full 4 part warm up.	AO4 Part 1 Skills /10		
9	09.11.20					
10	16.11.20					
11	23.11.20		AO3 – Justify the benefits of a warm up and cool down		AO4 Part 2 Full Context /15	
12	30.11.20					
13	07.12.20					
14 ½ week	14.12.20					
CHRISTMAS						
15	04.01.21	Badminton/Netball Rugby/Football Gymnastic/Basketball Fitness/Hockey	AO1 – Anatomy and Physiology – Knowledge of muscles – name, location and job.	AO4 Part 1 Skills /10		
16	11.01.21					
17	18.01.21					
18	25.01.21		AO2 – Anatomy and Physiology – Apply knowledge of muscles		AO4 Part 2 Full Context /15	
19	01.02.21					
20	08.02.21					
Half term						
21	22.02.21	Badminton/Netball Rugby/Football Gymnastic/Basketball Fitness/Hockey	AO1 – Anatomy and Physiology – Knowledge of bones – name, location and job	AO4 Part 1 Skills /10		
22	01.03.21					
23	08.03.21					
24	15.03.21		AO2 – Anatomy and physiology – Apply knowledge of the bones.		AO4 Part 2 Full Context /15	
25	22.03.21					
26 ½ week	29.03.21					
EASTER						
27	19.04.21	Cricket/Rounders Athletics	EOYE prep EOYE prep	AO4 Part 1 Skills /10		
28	26.04.21					
29 (BH)	04.05.21					
30	10.05.21		AO4 Part 2 Full Context /15			
31	17.05.21					
32	24.05.21					
Half term						
33	07.06.21	Cricket/Rounders Athletics	EOYE EOYE EOYE RAP	AO4 Part 1 Skills /10		
34	14.06.21					
35	21.06.21				AO4 Part 2 Full Context /15	
36	28.06.21					
37	05.07.21				EOYE	
38	12.07.21					
39	19.07.21					Activities week