

Year 8 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 – Knowledge of the components of fitness (Physical training). AO2 – Apply knowledge of the components of fitness and how you test the components of fitness.	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	AO3 – Analysis of fitness components in relation to sporting examples.	AO4 Part 1 Skills /10	
9	09.11.20				
10	16.11.20				
11	23.11.20				
12	30.11.20				
13	07.12.20				
14 ½ week	14.12.20				Interim Test /16
CHRISTMAS					
15	04.01.21	Badminton/Netball Rugby/Football Gymnastic/Basketball Fitness/Hockey	AO1 – Knowledge of the effects of exercise – immediate, short and long term (Anatomy & Physiology). AO2 – Apply the effects of exercise – immediate, short and long term. sporting performance	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	AO3 – Evaluate the effects of effects of exercise to specific events and sports.	AO4 Part 1 Skills /10	
22	01.03.21				
23	08.03.21				
24	15.03.21				
25	22.03.21				
26 ½ week	29.03.21				Interim Test /14
EASTER					
27	19.04.21	Cricket/Rounders Athletics	AO1 - Knowledge of aerobic and anaerobic exercise – definitions of terms.	AO4 Part 1 Skills /10	
28	26.04.21				
29 (BH)	04.05.21				
30	10.05.21		AO2 – Apply aerobic and anaerobic to sporting events and activities.	AO4 Part 2 Full Context /15	
31	17.05.21				
32	24.05.21				