

Year 10 Learning Journey 2020-21

Week	Date	Theory	Practical	Assessment
1	07.09.20	Theory – Musculoskeletal System (Paper 1) Single lesson CFB	AO4 – Athletics Evidence of skills in full context Select two events from possible choices 1.	Theory End of topic assessment Practical Controlled assessment/moderation
2	14.09.20	AO1 – Knowledge and Understanding of the bones, muscles and joints within the body		
3	21.09.20	AO2 – Link knowledge to sporting examples		
4	28.09.20	AO3 – Link types of movements to sporting examples		
5	05.10.20	Theory – Sports Psychology (Paper 2) Double lesson RXP		
6	12.10.20	Theory AO1 – Classification of skills, information processing		
7	19.10.20	AO2 – Apply to sporting examples AO3 – Analyse in sporting context and performance		
Half term				
8	02.11.20	Theory – Cardio-respiratory System (Paper 1) Single Lesson CFB	AO4 - Badminton Practical Evidence of skills in full context 1. Service (short/long/forehand/backhand) 2. Overhead (clear/drop) 3. Backhand 4. Net play 5. Smash	Theory End of topic assessment Practical Controlled assessment/moderation
9	09.11.20	AO1 – Knowledge and Understanding of structure of heart and lungs		
10	16.11.20	AO2 – Examples of these in a sporting context		
11	23.11.20	AO3 – Impact they have on sporting performance		
12	30.11.20	Theory – Health, Fitness and Wellbeing (Paper 2) Double Lesson RXP		
13	07.12.20	AO1 – Knowledge and Understanding of health, fitness, diet, nutrition and energy use.		
14 ½ week	14.12.20	AO2 – Link knowledge to sporting examples AO3 – Evaluate impact on sports performance		
CHRISTMAS				
15	04.01.21	Theory – Movement Analysis (Paper 1) Single Lesson CFB	AO4 - Climbing Evidence of skills in full context 1. Bottom/top rope climbing. 2. Rope work/safety set up 3. Overhang/mantle 4. Traversing 5. Abseiling	Theory End of topic assessment Practical Controlled assessment/moderation
16	11.01.21	AO1 – Knowledge and Understanding of lever systems, planes ad axes		
17	18.01.21	AO2 – Changes to the cardiovascular system during exercise. Aerobic and anaerobic respiration differences in different sports		
18	25.01.21	AO3 – Impact they have on sporting performance		
19	01.02.21			
20	08.02.21			
Half term				
21	22.02.21	Theory – Physical Training (Paper 1) Single lesson CFB	AO4 - Basketball Practical Evidence of skills in full context 1. Passing/receiving 2. Dribbling 3. Shooting/Rebounding 4. Marking 5. Intercepting	Theory End of topic assessment Practical Controlled assessment/moderation
22	01.03.21	AO1 – Knowledge and Understanding of components of fitness		
23	08.03.21	AO2 – Examples of these in a sporting context		
24	15.03.21	AO3 – Impact they have on sporting performance		
25	22.03.21	Theory – Socio-cultural Influences (Paper 2) Double lesson RXP		
26 ½ week	29.03.21	AO1 – Knowledge of influences on participation, commercialization of sport, technology in sport and sporting behavior AO2 – How this impacts sport today. Use sporting examples to explain the above. AO3 – To analyse the impact this has had on sports and athletes		
EASTER				

27	19.04.21	Theory EOYE exam prep EOYE EOYE RAP	AO4 – Athletics Evidence of skills in full context Select two events from possible choices	Theory – Coursework prep Practical Controlled assessment/moderation
28	26.04.21	Physical Training (Paper 2)		
29 (BH)	04.05.21	AO1 – Knowledge and Understanding of types of training		
30	10.05.21	AO2 – Applying principles of training to training programme		
31	17.05.21	AO3 – Evaluate the impact of training programme on improving components of fitness.		
32	24.05.21			
Half term				
33	07.06.21	Theory – NEA Part 3	AO4 - Netball Practical Evidence of skills in full context 1. Passing/receiving 2. Dodging 3. Marking 4. Shooting/rebounding Footwork and movement	Theory – Coursework Practical Controlled assessment/moderation
34	14.06.21	Analysis and Evaluation of Performance		
35	21.06.21			
36	28.06.21			
37	05.07.21			
38	12.07.21	Theory – NEA Part 3 Analysis and Evaluation of Performance deadline		Theory – Coursework Practical Controlled assessment/moderation
39	19.07.21	Work Experience		

Assessment tracker

Date	Assessment	Flightpath Grade	Action (s) to make progress
Autumn 1	Practical Assessment Athletics		
Autumn 1	End of Unit Test Sports Psychology		
Autumn 2	Practical Assessment Badminton		
Autumn 2	End of Unit Test Musculoskeletal System		
Spring 1	Practical Assessment Climbing		
Spring 1	End of Unit Test Cardiorespiratory System		
Spring 2	End of Unit Test Socio-cultural Influences		
Spring 2	Practical Assessment Basketball		
Summer 1	End of Year Exam		
Summer 2	Practical Assessment Netball		