

## Year 11 Learning Journey 2020-2021

Week	Date	Theory	Practical	Assessment
1	07.09.20	Physical Training (Paper 2)	<b>AO4</b> – Athletics  Evidence of skills in full context Select two events from possible choices	Theory – Coursework and end of unit test.  Practical – Controlled Assessment/ Moderation
2	14.09.20	<b>AO1</b> – Knowledge and Understanding of importance of warm up and cool down		
3	21.09.20	<b>AO2</b> – Applying training seasons to a sports performer		
4	28.09.20	<b>AO3</b> – Evaluate impact on sports performance		
5	05.10.20			
6	12.10.20			
7	19.10.20			
8	02.11.20			
9	09.11.20	Mock prep	<b>AO4</b> - 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 – Mock  Practical – Controlled Assessment/ Moderation
10	16.11.20	<b>Mocks</b>		
11	23.11.20	<b>Mocks</b>		
12	30.11.20	Addressing misconceptions		
13	07.12.20	Addressing misconceptions		
14 ½ week	14.12.20	<b>Mock results day</b>		
15	04.01.21	Theory – Health, Fitness and Well-being (Paper 1)	<b>AO4</b> - 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	
16	11.01.21			
17	18.01.21	<b>AO1</b> – Knowledge and Understanding of health, fitness, diet, nutrition and energy use.		
18	25.01.21	<b>AO2</b> – Link knowledge to sporting examples		
19	01.02.21	<b>AO3</b> – Evaluate impact on sports performance		
20	08.02.21			
21	22.02.21	<b>Mocks 2</b>	<b>AO4</b> – Moderation prep  Familiarisation with practical moderation and drills for each sport	Theory - Mock
22	01.03.21	<b>Mocks 2</b>		
23	08.03.21	Movement Analysis (Paper 1)		
24	15.03.21	<b>AO1</b> – Knowledge and Understanding of lever systems, planes and axes		
25	22.03.21	<b>AO2</b> – Changes to the cardiovascular system during exercise. Aerobic and anaerobic respiration differences in different sports		
26 ½ week	29.03.21	<b>AO3</b> – Impact they have on sporting performance		
27	19.04.21	<b>Revision and Exam preparation</b>	<b>9 mark question practice</b>	<b>In class past papers and exam questions</b>
28	26.04.21			
29 (BH)	04.05.21			
30	10.05.21			
31	17.05.21	<b>Exams</b>		
32	24.05.21			
33	01.06.20			
34	08.06.20			
35	15.06.20			
36	22.06.20			
37	29.06.20			
38	06.07.20			
39	13.07.20			

**Key Constructs:**

<b>Date</b>	<b>Assessment</b>	<b>Flight-path Grade</b>	<b>Action (s) to make progress</b>
Autumn 1	Physical Training End of Unit test		
Autumn 1	Athletics		
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		