**Year 8 Learning Journey 2022-2023**

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| **Week** | **Date** | **Topic- Please plan for pause/ RAP lessons** | **AOs** | **Assessment** |
| **1** | **05.09.22** | **Sport 1** | AO1 – Physical Training Knowledge of the fitness components and tests | AO4 – PracticalPart 1 /15Part 2 /10 |
| **2** | **12.09.22** |
| **3** | **19.09.22** |
| **4** | **26.09.22** | AO4 – Practical Assessment |
| **5** | **03.10.22** | **Sport 2** | AO2 – Apply components of fitness to sporting examples |
| **6** | **10.10.22** |
| **7** | **17.10.22** |
| **Half term** |
| **8** | **31.10.22** | **Sport 2** | AO4 – Practical Assessment  | AO4 – PracticalPart 1 /15Part 2 /10 |
| **9** | **07.11.22** | **Sport 3** | AO2 – Plan and demonstrate a full 4 part warm up.A03 – Justify the benefits of a warm up and cool down |
| **10** | **14.11.22** |
| **11** | **21.11.22** |
| **12** | **28.11.22** | AO4 – Practical Assessment |
| **13** | **05.12.22** | **Sport 4** |  | Components of Fitness Interim Test /13 |
| **14**  | **12.12.22** |
| **CHRISTMAS** |
| **15(Wed)**  | **04.01.23** | **Sport 4** | AO1 – Anatomy and Physiology – Effects of Exercise – Short, Medium and Long Term | AO4 – PracticalPart 1 /15Part 2 /10 |
| **16** | **09.01.23** | AO4 – Practical Assessment |
| **17** | **16.01.23** | **Sport 5** | AO2 – Apply the effects of exercise – immediate, short and long term. sporting performance | Effects of Exercise Interim Test /13 |
| **18** | **23.01.23** |
| **19** | **30.01.23** | AO4 – Practical Assessment |
| **20** | **06.02.23** | AO4 – PracticalPart 1 /15Part 2 /10 |
| **Half term** |
| **21** | **20.02.23** | **Sport 6** | **EOYE Prep** |  |
| **22** | **27.02.23** |  |
| **23** | **06.03.23** |  |
| **24** | **13.03.23** | AO4 – Practical Assessment | AO4 – PracticalPart 1 /15Part 2 /10 |
| **25** | **20.03.23** | **Sport 7****EOYE Prep** | **EOYE Prep** |  |
| **26**  | **27.03.23** |
| **EASTER** |
| **27** | **17.04.23** | **Sport 7****EOYE** |  |
| **28** | **24.04.23** | AO4 – Practical Assessment **EOYE** | AO4 – PracticalPart 1 /15Part 2 /10 |
| **29 (BH)** | **02.05.23** | **Sport 8****EOYE RAP/ addressing misconceptions** | **EOYE RAP/ addressing misconceptions** |  |
| **30** | **08.05.23** |
| **31** | **15.05.23** |
| **32** | **22.05.23** | AO4 – Practical Assessment | AO4 – PracticalPart 1 /15Part 2 /10 |
| **Half term** |
| **33** | **05.06.23** | **Sport 9** | AO3 – Analysing theory knowledge with sporting examples |  |
| **34** | **12.06.23** |  |
| **35** | **19.06.23** |  |
| **36** | **23.06.23** | AO4 – Practical Assessment | AO4 – PracticalPart 1 /15Part 2 /10 |
| **37** | **03.07.23** | Contingency |  |  |
| **38** | **10.07.23** | Contingency (Sport For All Day) |  |  |
| **39** | **17.07.23** | Activities week |  |  |

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| **Name:** | **Tutor:** | **Year 8 Assessment Progress Tracker 2022-23****Key Constructs:****AO1-** Knowledge and Understanding of Key Terms**AO2-** Apply Key Terms to Sporting Examples**AO3-** Evaluate positives and negatives**AO4-** Improve technique and consistency of 5 key skills in each sport |
| **Subject Target** |  | **EOYE****Grade:** |
|  | **Flightpath** | **BFL** |
| **Autumn 1** |  |  |
| **Autumn 2** |  |  |
| **Spring 1** |  |  |
| **Spring 2** |  |  |
| **Summer 1** |  |  |
| **Summer 2** |  |  |

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| **Exam Components** |
| **Date** | **Assessment** | **Flight-path****Grade** | **Action (s) to make progress** |
| **W/B 26/9** | **Sport 1** |  |  |
| **W/B 31/10** | **Sport 2** |  |  |
| **W/B 28/11** | **Sport 3** |  |  |
| **W/B 12/12** | **Components of Fitness****Interim Test** |  |  |
| **09/01** | **Sport 4** |  |  |
| **W/B 30/01** | **Effects of Exercise Interim Test**  |  |  |
| **W/B 06/02** | **Sport 5** |  |  |
| **W/B 13/03** | **Sport 6** |  |  |
| **W/B 17/04** | **EOYE** |  |  |
| **W/B 24/04** | **Sport 7** |  |  |
| **W/B 22/05** | **Sport 8** |  |  |
| **W/B 23/06** | **Sport 9** |  |  |