**Year 10 Learning Journey 2022-2023**

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| **Week** | **Date** | **Theory** | **Practical**  | **Assessment** |
| **1(1/2)** | **05.09.22** | **Theory – Sports Psychology (Paper 2)** AO1 – Knowledge and Understanding of the bones, muscles and joints within the bodyAO2 – Link knowledge to sporting examplesAO3 – Link types of movements to sporting examples | AO4 – NetballEvidence of skills in full context Select two events from possible choices | TheoryMid Unit AssessmentPracticalControlled assessment/moderation |
| **2** | **12.09.22** |
| **3** | **19.09.22** |
| **4** | **26.09.22** |
| **5** | **03.10.22** |
| **6** | **10.10.22** |
| **7** | **17.10.22** |
| **Half term** |
| **8** | **31.10.22** | **Theory – Sports Psychology (Paper 2)**AO1 – Knowledge and Understanding of structure of heart and lungsAO2 – Examples of these in a sporting contextAO3 – Impact they have on sporting performance  | AO4 - BadmintonPractical Evidence of skills in full context 1. Service (short/long/forehand/backhand
2. Overhead ( clear/drop)
3. Backhand
4. Net play
5. Smash
 | TheoryLong Answer QuestionEnd of topic assessmentPracticalControlled assessment/moderation |
| **9** | **07.11.22** |
| **10** | **14.11.22** |
| **11** | **21.11.22** |
| **12** | **28.11.22** |
| **13** | **05.12.22** |
| **14**  | **12.12.22** |
| **CHRISTMAS** |
| **15(Wed)**  | **04.01.23** | **Theory – Musculoskeletal System (Paper 1)**AO1 – Knowledge and Understanding of lever systems, planes ad axesAO2 – Changes to the cardiovascular system during exercise. Aerobic and anaerobic respiration differences in different sportsAO3 – Impact they have on sporting performance  | AO4 - FootballEvidence of skills in full context 1. Bottom/top rope climbing,
2. Rope work/safety set up
3. Overhang/mantle
4. Traversing
5. Abseiling
 | Theory Mid Unt AssessmentLong Answer QuestionEnd of topic assessmentPracticalControlled assessment/moderation |
| **16** | **09.01.23** |
| **17** | **16.01.23** |
| **18** | **23.01.23** |
| **19** | **30.01.23** |
| **20** | **06.02.23** |
|  | **Half term** |
| **21** | **20.02.23** | **Theory – Cardio Respiratory System (Paper 1)**AO1 – Knowledge and Understanding of components of fitnessAO2 – Examples of these in a sporting contextAO3 – Impact they have on sporting performance  | AO4 - BasketballPractical Evidence of skills in full context 1. Passing/receiving
2. Dribbling
3. Shooting/Rebounding
4. Marking
5. Intercepting
 | Theory Mid Unit AssessmentLong Answer Question End of Unit AssessmentPracticalControlled assessment/moderation |
| **22** | **27.02.23** |
| **23** | **06.03.23** |
| **24** | **13.03.23** |
| **25** | **20.03.23** |
| **26**  | **27.03.23** |
| **EASTER** |  |  |  |  |
| **27** | **17.04.23** | **Theory – Physical Training (Paper 1)**EOYE exam prepEOYEEOYE RAPAO1 – Knowledge and Understanding of types of trainingAO2 – Applying principles of training to training programmeAO3 – Evaluate the impact of training programme on improving components of fitness. | AO4 – Athletics Evidence of skills in full context Select two events from possible choices**EOYE Prep** | Theory – Coursework prepPracticalControlled assessment/moderation |
| **28** | **24.04.23** |
| **29 (BH)** | **02.05.23** |
| **30** | **08.05.23** |
| **31** | **15.05.23** |
| **32** | **22.05.23** |
| **Half term** |
| **33** | **05.06.23** | Theory – NEA Part 3  Analysis and Evaluation of Performance  | **AO4 - Hockey**Practical Evidence of skills in full context 1. Passing/receiving
2. Tackling/marking
3. Dribbling/moving
4. Shooting/
5. Heading
 | Theory – CourseworkPracticalControlled assessment/moderation**EOYE** |
| **34** | **12.06.23** |
| **35** | **19.06.23** |
| **36** | **23.06.23** |
| **37** | **03.07.23** |
| **38** | **10.07.23** | Theory – NEA Part 3Analysis and Evaluation of Performance deadline | Theory – CourseworkPracticalControlled assessment/moderation |
| **39** | **17.07.23** |  **Work Experience** |

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| **Name:** | **Tutor:** | **Year 10 Assessment Progress Tracker 2022-2023****Key Constructs:****AO1-** Understanding of key terms**AO2-** Applying key terms to sporting examples **AO3-** Evaluate/justify/assessing impact**AO4-** Practical Performance |
| **Subject Target** |  | **Mock****Grade:** |
|  | **Flightpath** | **BFL** |
| **Autumn 1** |  |  |
| **Autumn 2** |  |  |
| **Spring 1** |  |  |
| **Spring 2** |  |  |
| **Summer 1** |  |  |
| **Summer 2** |  |  |

**Assessment tracker**

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