**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 body  AO2 – Link knowledge to sporting examples  AO3 – Link types of movements to sporting examples | AO4 – Netball  Evidence of skills in full context  Select two events from possible choices | Theory  Mid Unit Assessment  Practical  Controlled 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 lungs  AO2 – Examples of these in a sporting context  AO3 – Impact they have on sporting performance | 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  Long Answer Question  End of topic assessment  Practical  Controlled 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 axes  AO2 – Changes to the cardiovascular system during exercise. Aerobic and anaerobic respiration differences in different sports  AO3 – Impact they have on sporting performance | AO4 - Football  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  Mid Unt Assessment  Long Answer Question  End of topic assessment  Practical  Controlled 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 fitness  AO2 – Examples of these in a sporting context  AO3 – Impact they have on sporting performance | AO4 - Basketball  Practical  Evidence of skills in full context   1. Passing/receiving 2. Dribbling 3. Shooting/Rebounding 4. Marking 5. Intercepting | Theory  Mid Unit Assessment  Long Answer Question  End of Unit Assessment  Practical  Controlled 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 prep  EOYE  EOYE RAP  AO1 – Knowledge and Understanding of types of training  AO2 – Applying principles of training to training programme  AO3 – 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 prep  Practical  Controlled 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 – Coursework  Practical  Controlled 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 3  Analysis and Evaluation of Performance deadline | Theory – Coursework  Practical  Controlled 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** |  |  |