

Plashet PE Year 7 Curriculum & Assessment Map 2014-15

Half-terms	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
No. of Weeks	8	7	6	6	5	8
No. of Days	38	32	30	29	23	38
No. of Lessons	16	14	12	12	10	16
<p>Year 7 Schemes of Learning</p> <p>In year 7 students will:</p> <p>Develop confidence</p> <p>begin to become more Competent</p> <p>They are starting to evaluate their own and others work</p> <p>All year 7 will attend at least 1 extra-curricular PE club as homework.</p>	<p>Baseline testing (4)</p> <ul style="list-style-type: none"> Using key stage 2/3 national curriculum students will complete a number of tasks to assess what level they are at. <p>Gymnastics (12)</p> <ul style="list-style-type: none"> Develop Flexibility, strength, technique, control and balance. Begin to link movements together with flow and Body Tension Compare their performance with previous ones and demonstrate improvement to achieve their personal best 	<p>Netball (14)</p> <ul style="list-style-type: none"> Develop knowledge of simple strategies and tactics and begin to apply them in competitive situations. 	<p>Swimming (6)</p> <ul style="list-style-type: none"> Develop technique and improve performance Swim competently, confidently and proficiently over a distance of at least 25m Use a range of strokes affectively Perform safe self-rescue in different water-based situations <p>Dance (6) Aboriginal and Capoeira</p> <ul style="list-style-type: none"> Perform dances using a range of movement patterns. Develop dance vocabulary. Students will begin to perform with good technique and discuss how to put movements together to create a dance. 	<p>Swimming (6)</p> <ul style="list-style-type: none"> Develop technique and improve performance Swim competently, confidently and proficiently over a distance of at least 25m Use a range of strokes affectively Perform safe self-rescue in different water-based situations <p>Health and Fitness (6) What is fitness?</p> <ul style="list-style-type: none"> Develop confidence and interest to get involved in exercise, sports and activities outside of school, and understand and apply the long-term health benefits of physical activity 	<p>Athletics (10)</p> <ul style="list-style-type: none"> Develop Flexibility, strength, technique, control and balance. Compare their performance with previous ones and demonstrate improvement to achieve their personal best 	<p>Cricket (8)</p> <ul style="list-style-type: none"> Develop knowledge of simple strategies and tactics and begin to apply them in competitive situations. <p>Orienteering (8)</p> <ul style="list-style-type: none"> Take part in OE activities which present intellectual and physical challenge. Work as a team, building trust and problem solving as an individual and as a group

Self-assessment Frequency	Recorded <ul style="list-style-type: none"> Week 1 Week 8 Assessment booklets Unrecorded <ul style="list-style-type: none"> Every Lesson 	Recorded <ul style="list-style-type: none"> Week 1 Week 7 Assessment booklets Unrecorded <ul style="list-style-type: none"> Every Lesson 	Recorded <ul style="list-style-type: none"> Week 1 Week 6 Assessment booklets Unrecorded <ul style="list-style-type: none"> Every Lesson 	Recorded <ul style="list-style-type: none"> Week 1 Week 6 Assessment booklets Unrecorded <ul style="list-style-type: none"> Every Lesson 	Recorded <ul style="list-style-type: none"> Week 1 Week 5 Assessment booklets Unrecorded <ul style="list-style-type: none"> Every Lesson 	Recorded <ul style="list-style-type: none"> Week 1 Week 8 Assessment booklets Unrecorded <ul style="list-style-type: none"> Every Lesson
Peer Assessment Frequency	Week 5 <ul style="list-style-type: none"> Assessment booklets Unrecorded <ul style="list-style-type: none"> Every Lesson 	Week 5 <ul style="list-style-type: none"> Assessment booklets Unrecorded <ul style="list-style-type: none"> Every Lesson 	Week 5 <ul style="list-style-type: none"> Assessment booklets Unrecorded <ul style="list-style-type: none"> Every Lesson 	Week 5 <ul style="list-style-type: none"> Assessment booklets Unrecorded <ul style="list-style-type: none"> Every Lesson 	Week 5 <ul style="list-style-type: none"> Assessment booklets Unrecorded <ul style="list-style-type: none"> Every Lesson 	Week 5 <ul style="list-style-type: none"> Assessment booklets Unrecorded <ul style="list-style-type: none"> Every Lesson
Formative Assessment with feedback	Week 8 <ul style="list-style-type: none"> Assessment booklets 	Week 7 <ul style="list-style-type: none"> Assessment booklets 	Week 6 <ul style="list-style-type: none"> Assessment booklets 	Week 6 <ul style="list-style-type: none"> Assessment booklets 	Week 5 <ul style="list-style-type: none"> Assessment booklets 	Week 8 <ul style="list-style-type: none"> Assessment booklets
Summative Assessment	<ul style="list-style-type: none"> Students will be assessed using the national curriculum. PE department to devise new criteria for students to work towards and therefore be assessed. Students will set themselves a target to work towards at the start of each unit. Ongoing assessment will take place. Students will have a booklet at the end of the year documenting the progress they have made 					
Monitoring		<ul style="list-style-type: none"> Week 2 Assessment booklets checked Staff records checked 	<ul style="list-style-type: none"> Week 2 Assessment booklets checked Staff records checked 	<ul style="list-style-type: none"> Week 2 Assessment booklets checked Staff records checked 	<ul style="list-style-type: none"> Week 2 Assessment booklets checked Staff records checked 	<ul style="list-style-type: none"> Week 2 Assessment booklets checked Staff records checked

Plasnet PE Year 8 Curriculum & Assessment Map 2014-15

Half-terms	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
No. of Weeks	8	7	6	6	5	8
No. of Days	38	32	30	29	23	38
No. of Lessons	16	14	12	12	10	16
<p>Year 8 Schemes of Learning</p> <p>In year 8 students will:</p> <p>Have Confidence in their ability and use this to develop their techniques and analytical skills</p> <p>Show that they are Competent</p> <p>They can evaluate their own and others work giving examples of how they can improve</p> <p>All year 8 will attend at least 1 extra-curricular PE club as homework.</p>	<p>Netball Football Basketball Volleyball Handball Badminton(16)</p> <ul style="list-style-type: none"> Use a range of strategies and tactics to overcome opponents in direct competition through team and individual games 	<p>Netball Football Basketball Volleyball Handball Badminton(8)</p> <p>Health and fitness (8)</p> <ul style="list-style-type: none"> Students will measure their resting, working and recovery heart rates. They will understand the link between a healthy cardiovascular system and its benefits, including increased life expectancy 	<p>Gymnastics (12)</p> <ul style="list-style-type: none"> Develop technique and improve performance, 	<p>Dance (12) Graffiti, Olympics, Friendship, West Side Story</p> <ul style="list-style-type: none"> Perform dances starting to use more advanced dance techniques within a range of dance styles and forms 	<p>Athletics (10)</p> <ul style="list-style-type: none"> Develop technique and improve performance <p>Health and Fitness</p> <ul style="list-style-type: none"> Develop confidence and interest to get involved in exercise, sports and activities outside of school, and understand and apply the long-term health benefits of physical activity 	<p>Cricket Rounder's (8)</p> <ul style="list-style-type: none"> Use a range of strategies and tactics to overcome opponents in direct competition through team and individual games <p>Orienteering (8)</p> <ul style="list-style-type: none"> Take part in OE activities which present intellectual and physical challenge. Work as a team, building trust and problem solving as an individual and as a group

Self-assessment Frequency	Recorded <ul style="list-style-type: none"> • Week 1 • Week 8 • Assessment booklets <ul style="list-style-type: none"> • Unrecorded • Every Lesson 	Recorded <ul style="list-style-type: none"> • Week 1 • Week 7 • Assessment booklets <ul style="list-style-type: none"> • Unrecorded • Every Lesson 	Recorded <ul style="list-style-type: none"> • Week 1 • Week 6 • Assessment booklets <ul style="list-style-type: none"> • Unrecorded • Every Lesson 	Recorded <ul style="list-style-type: none"> • Week 1 • Week 6 • Assessment booklets <ul style="list-style-type: none"> • Unrecorded • Every Lesson 	Recorded <ul style="list-style-type: none"> • Week 1 • Week 5 • Assessment booklets <ul style="list-style-type: none"> • Unrecorded • Every Lesson 	Recorded <ul style="list-style-type: none"> • Week 1 • Week 8 • Assessment booklets <ul style="list-style-type: none"> • Unrecorded • Every Lesson
Peer Assessment Frequency	Week 5 <ul style="list-style-type: none"> • Assessment booklets Unrecorded <ul style="list-style-type: none"> • Every Lesson 	Week 5 <ul style="list-style-type: none"> • Assessment booklets Unrecorded <ul style="list-style-type: none"> • Every Lesson 	Week 5 <ul style="list-style-type: none"> • Assessment booklets Unrecorded <ul style="list-style-type: none"> • Every Lesson 	Week 5 <ul style="list-style-type: none"> • Assessment booklets Unrecorded <ul style="list-style-type: none"> • Every Lesson 	Week 5 <ul style="list-style-type: none"> • Assessment booklets Unrecorded <ul style="list-style-type: none"> • Every Lesson 	Week 5 <ul style="list-style-type: none"> • Assessment booklets Unrecorded <ul style="list-style-type: none"> • Every Lesson
Formative Assessment with feedback	Week 8 <ul style="list-style-type: none"> • Assessment booklets 	Week 7 <ul style="list-style-type: none"> • Assessment booklets 	Week 6 <ul style="list-style-type: none"> • Assessment booklets 	Week 6 <ul style="list-style-type: none"> • Assessment booklets 	Week 5 <ul style="list-style-type: none"> • Assessment booklets 	Week 8 <ul style="list-style-type: none"> • Assessment booklets
Summative Assessment	<ul style="list-style-type: none"> • Students will be assessed using the national curriculum. • PE department to devise new criteria for students to work towards and therefore be assessed. • Students will set themselves a target to work towards at the start of each unit. • Ongoing assessment will take place. • Students will have a booklet at the end of the year documenting the progress they have made 					
Monitoring		<ul style="list-style-type: none"> • Week 2 • Assessment booklets checked <ul style="list-style-type: none"> • Staff records checked 	<ul style="list-style-type: none"> • Week 2 • Assessment booklets checked <ul style="list-style-type: none"> • Staff records checked 	<ul style="list-style-type: none"> • Week 2 • Assessment booklets checked <ul style="list-style-type: none"> • Staff records checked 	<ul style="list-style-type: none"> • Week 2 • Assessment booklets checked <ul style="list-style-type: none"> • Staff records checked 	<ul style="list-style-type: none"> • Week 2 • Assessment booklets checked <ul style="list-style-type: none"> • Staff records checked

Plashet PE Year 9 Curriculum & Assessment Map 2014-15

Half-terms	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
No. of Weeks	8	7	6	6	5	8
No. of Days	38	32	30	29	23	38
No. of Lessons	16	14	12	12	10	16
<p>Year 9 Schemes of Learning</p> <p>In year 9 students will:</p> <p>Use their Confidence to demonstrate a healthy active life.</p> <p>Be competent in a range of sports and activities</p> <p>Evaluate their own and others work, including strategy and tactics and use technical language to express their opinions.</p> <p>All year 9 will attend at least 1 extra-curricular PE club as homework.</p>	<p>Netball Football Basketball Volleyball Handball Badminton(16)</p> <ul style="list-style-type: none"> Use a range of strategies and tactics to overcome opponents in direct competition through team and individual games with competency and showing expert techniques 	<p>Netball Football Basketball Volleyball Handball Badminton(8)</p> <ul style="list-style-type: none"> Use a range of strategies and tactics to overcome opponents in direct competition through team and individual games with competency and showing expert skills <p>Health and Fitness (8)</p> <ul style="list-style-type: none"> Students will plan a 6 week fitness programme and attempt to improve their cardiovascular fitness and the fitness requirements for their invasion sport. They will test their fitness at the start and at the end. 	<p>Dance (12)</p> <ul style="list-style-type: none"> Perform dances confidently using advanced dance techniques within a range of dance styles and forms 	<p>Dance (12)</p> <ul style="list-style-type: none"> Perform dances confidently using advanced dance techniques within a range of dance styles and forms <p>Playmaker Award (12)</p> <ul style="list-style-type: none"> Students will develop their leadership skills and provide opportunities for younger students to get involved in sport and activity. 	<p>Athletics (10)</p> <ul style="list-style-type: none"> Develop technique and improve performance Health and fitness – wet weather lesson 	<p>Cricket Rounders (8)</p> <ul style="list-style-type: none"> Use a range of strategies and tactics to overcome opponents in direct competition through team and individual games with competency and showing expert techniques

Self-assessment Frequency	<ul style="list-style-type: none"> Recorded • Week 1 • Week 8 • Assessment booklets <ul style="list-style-type: none"> Unrecorded • Every Lesson 	<ul style="list-style-type: none"> Recorded • Week 1 • Week 7 • Assessment booklets <ul style="list-style-type: none"> Unrecorded • Every Lesson 	<ul style="list-style-type: none"> Recorded • Week 1 • Week 6 • Assessment booklets <ul style="list-style-type: none"> Unrecorded • Every Lesson 	<ul style="list-style-type: none"> Recorded • Week 1 • Week 6 • Assessment booklets <ul style="list-style-type: none"> Unrecorded • Every Lesson 	<ul style="list-style-type: none"> Recorded • Week 1 • Week 5 • Assessment booklets <ul style="list-style-type: none"> Unrecorded • Every Lesson 	<ul style="list-style-type: none"> Recorded • Week 1 • Week 8 • Assessment booklets <ul style="list-style-type: none"> Unrecorded • Every Lesson
Peer Assessment Frequency	<ul style="list-style-type: none"> Week 5 • Assessment booklets <ul style="list-style-type: none"> Unrecorded • Every Lesson 	<ul style="list-style-type: none"> Week 5 • Assessment booklets <ul style="list-style-type: none"> Unrecorded • Every Lesson 	<ul style="list-style-type: none"> Week 5 • Assessment booklets <ul style="list-style-type: none"> Unrecorded • Every Lesson 	<ul style="list-style-type: none"> Week 5 • Assessment booklets <ul style="list-style-type: none"> Unrecorded • Every Lesson 	<ul style="list-style-type: none"> Week 5 • Assessment booklets <ul style="list-style-type: none"> Unrecorded • Every Lesson 	<ul style="list-style-type: none"> Week 5 • Assessment booklets <ul style="list-style-type: none"> Unrecorded • Every Lesson
Formative Assessment with feedback	<ul style="list-style-type: none"> Week 8 • Assessment booklets 	<ul style="list-style-type: none"> Week 7 • Assessment booklets 	<ul style="list-style-type: none"> Week 6 • Assessment booklets 	<ul style="list-style-type: none"> Week 6 • Assessment booklets 	<ul style="list-style-type: none"> Week 5 • Assessment booklets 	<ul style="list-style-type: none"> Week 8 • Assessment booklets
Summative Assessment	<ul style="list-style-type: none"> • Students will be assessed using the national curriculum. • PE department to devise new criteria for students to work towards and therefore be assessed. • Students will set themselves a target to work towards at the start of each unit. • Ongoing assessment will take place. • Students will have a booklet at the end of the year documenting the progress they have made 					
Monitoring		<ul style="list-style-type: none"> • Week 2 • Assessment booklets checked <ul style="list-style-type: none"> • Staff records checked 	<ul style="list-style-type: none"> • Week 2 • Assessment booklets checked <ul style="list-style-type: none"> • Staff records checked 	<ul style="list-style-type: none"> • Week 2 • Assessment booklets checked <ul style="list-style-type: none"> • Staff records checked 	<ul style="list-style-type: none"> • Week 2 • Assessment booklets checked <ul style="list-style-type: none"> • Staff records checked 	<ul style="list-style-type: none"> • Week 2 • Assessment booklets checked <ul style="list-style-type: none"> • Staff records checked

Plasnet PE Year 10 Curriculum & Assessment Map 2014-15

Half-terms	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
No. of Weeks	8	7	6	6	5	8
No. of Days	38	32	20	29	23	38
No. of Lessons						
<p>Year 10 Schemes of Learning</p> <p>Students will tackle complex and demanding physical activities. They will be involved in a range of activities that develop personal fitness and promote an active, healthy lifestyle</p>	<p>Multisport Badminton Basketball Netball</p> <ul style="list-style-type: none"> To use and develop a variety of tactics and strategies to overcome opponents in team and individual games 	<p>Sports Leaders Level 1</p> <ul style="list-style-type: none"> To take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage students to work in a team, building on trust and developing skills to solve problems, either individually or as a group 	<p>Aerobics Dance Qui-Qing</p> <ul style="list-style-type: none"> To develop their technique and improve their performance or other physical activities 	<p>Leisure Centre Spin fitness</p> <ul style="list-style-type: none"> To evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best 	<p>Swimming</p> <ul style="list-style-type: none"> To develop their technique and improve their performance or other physical activities <p>Orienteering</p> <ul style="list-style-type: none"> To take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage students to work in a team, building on trust and developing skills to solve problems, either individually or as a group 	<p>Year 11 Schemes of Learning</p> <ul style="list-style-type: none"> Students will tackle complex and demanding physical activities. They will be involved in a range of activities that develop personal fitness and promote an active, healthy lifestyle

Self-assessment Frequency	Recorded <ul style="list-style-type: none"> Week 1 Week 8 Assessment booklets Unrecorded <ul style="list-style-type: none"> Every Lesson 	Recorded <ul style="list-style-type: none"> Week 1 Week 7 Assessment booklets Unrecorded <ul style="list-style-type: none"> Every Lesson 	Recorded <ul style="list-style-type: none"> Week 1 Week 6 Assessment booklets Unrecorded <ul style="list-style-type: none"> Every Lesson 	Recorded <ul style="list-style-type: none"> Week 1 Week 6 Assessment booklets Unrecorded <ul style="list-style-type: none"> Every Lesson 	Recorded <ul style="list-style-type: none"> Week 1 Week 5 Assessment booklets Unrecorded <ul style="list-style-type: none"> Every Lesson 	Recorded <ul style="list-style-type: none"> Week 1 Week 8 Assessment booklets Unrecorded <ul style="list-style-type: none"> Every Lesson
Peer Assessment Frequency	Week 5 <ul style="list-style-type: none"> Assessment booklets Unrecorded Every Lesson 	Week 5 <ul style="list-style-type: none"> Assessment booklets Unrecorded Every Lesson 	Week 5 <ul style="list-style-type: none"> Assessment booklets Unrecorded Every Lesson 	Week 5 <ul style="list-style-type: none"> Assessment booklets Unrecorded Every Lesson 	Week 5 <ul style="list-style-type: none"> Assessment booklets Unrecorded Every Lesson 	Week 5 <ul style="list-style-type: none"> Assessment booklets Unrecorded Every Lesson
Formative Assessment with feedback	Week 8 <ul style="list-style-type: none"> Assessment booklets 	Week 7 <ul style="list-style-type: none"> Assessment booklets 	Week 6 <ul style="list-style-type: none"> Assessment booklets 	Week 6 <ul style="list-style-type: none"> Assessment booklets 	Week 5 <ul style="list-style-type: none"> Assessment booklets 	Week 8 <ul style="list-style-type: none"> Assessment booklets
Summative Assessment Including Controlled Assessment	<ul style="list-style-type: none"> Students will be assessed using the national curriculum. PE department to devise new criteria for students to work towards and therefore be assessed. Students will set themselves a target to work towards at the start of each unit. Ongoing assessment will take place. Students will have a booklet at the end of the year documenting the progress they have made 					
Monitoring		Week 2 <ul style="list-style-type: none"> Assessment booklets checked Staff records checked 	Week 2 <ul style="list-style-type: none"> Assessment booklets checked Staff records checked 	Week 2 <ul style="list-style-type: none"> Assessment booklets checked Staff records checked 	Week 2 <ul style="list-style-type: none"> Assessment booklets checked Staff records checked 	Week 2 <ul style="list-style-type: none"> Assessment booklets checked Staff records checked

Plasnet PE Year 10 GCSE Curriculum & Assessment Map 2014-15

Half-terms	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
No. of Weeks	8	7	6	6	5	8
No. of Days	38	32	20	29	23	38
No. of Lessons	20	18	15	15	13	20
Year 10 Schemes of Learning	<p>Theory</p> <p>Topic 1.1.1: Healthy Active Lifestyles and How they could benefit you</p> <ul style="list-style-type: none"> • The 3 categories of healthy active lifestyle • Benefits of taking part in physical activity • Reasons for taking part in physical activity <p>Practical - Netball</p>	<p>Theory</p> <p>Topic 1.1.2: Influences on your healthy, active lifestyle</p> <ul style="list-style-type: none"> • Influences on taking part • Opportunities for getting involved in sports • Sports participation pyramid <p>Practical - Netball</p>	<p>Theory</p> <p>Topic 1.1.3: Exercise and fitness as part of your healthy, active lifestyle</p> <ul style="list-style-type: none"> • Health, exercise, fitness and performance • The 5 components of health-related exercise • The 6 components of skill-related fitness <p>Practical - Fitness</p>	<p>Theory</p> <p>Topic 1.1.4: Physical Activity as part of your healthy active, lifestyle</p> <ul style="list-style-type: none"> • Assessing your fitness levels • The principles of training • Goal setting • Methods of training • The exercise session • Comparing 2 types of training session • Analysing training sessions <p>Practical - Fitness</p>	<p>Theory</p> <p>Topic 1.1.5: Your personal Health and wellbeing</p> <ul style="list-style-type: none"> • The link between exercise, diet, work and rest • Dietary intake and Performance <p>Practical - Rounders</p>	<p>Theory</p> <p>Topic 1.2.1: Physical Activity and your healthy mind and body</p> <ul style="list-style-type: none"> • Different body types • Optimum weight • Weight-related conditions • Performance-enhancing and recreational drugs • Risk assessment and preventing injuries <p>Practical – Rounders</p>

Self-assessment Frequency	<ul style="list-style-type: none"> • Week 1 – Netball • Week 8 	<ul style="list-style-type: none"> • Week 1 • Week 7 	<ul style="list-style-type: none"> • Week 1 • Week 6 	<ul style="list-style-type: none"> • Week 1 • Week 6 	<ul style="list-style-type: none"> • Week 1 • Week 5 	<ul style="list-style-type: none"> • Week 1 • Week 8
Peer Assessment Frequency	<ul style="list-style-type: none"> • Week 5 	<ul style="list-style-type: none"> • Week 5 	<ul style="list-style-type: none"> • Week 5 	<ul style="list-style-type: none"> • Week 5 	<ul style="list-style-type: none"> • Week 5 	<ul style="list-style-type: none"> • Week 5
Formative Assessment with feedback	<ul style="list-style-type: none"> • Week 8 	<ul style="list-style-type: none"> • Week 7 	<ul style="list-style-type: none"> • Week 6 	<ul style="list-style-type: none"> • Week 6 	<ul style="list-style-type: none"> • Week 5 	<ul style="list-style-type: none"> • Week 8
Summative Assessment Including Controlled Assessment	<ul style="list-style-type: none"> • Week 1 – Netball grade • Week 8 – Netball grade 	<ul style="list-style-type: none"> • Week 6 – test • Week 7 – netball grade 	<ul style="list-style-type: none"> • Week 1 – Fitness grade • Week 6 – fitness grade 	<ul style="list-style-type: none"> • Week 5 test • Week 6 – Fitness grade 	<ul style="list-style-type: none"> • Week 1- rounder's grade 	<ul style="list-style-type: none"> • Week 7 rounder's grade
Monitoring		<p>Week 2</p> <ul style="list-style-type: none"> • Assessment booklets checked • Staff records checked • Books checked 	<p>Week 2</p> <ul style="list-style-type: none"> • Assessment booklets checked • Staff records checked • Books checked 	<p>Week 2</p> <ul style="list-style-type: none"> • Assessment booklets checked • Staff records checked • Books checked 	<p>Week 2</p> <ul style="list-style-type: none"> • Assessment booklets checked • Staff records checked • Books checked 	<p>Week 2</p> <ul style="list-style-type: none"> • Assessment booklets checked • Staff records checked • Books checked

Plashet PE Year 11 CORE PE Curriculum & Assessment Map 2014-15

Half-terms	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1
No. of Weeks	8	7	6	6	5
No. of Days	38	32	30	29	23
No. of Lessons					
<p>Year 11 Schemes of Learning</p> <p>Students will tackle complex and demanding physical activities. They will be involved in a range of activities that develop personal fitness and promote an active, healthy lifestyle.</p>	<p>Multisport Badminton Basketball Netball</p> <ul style="list-style-type: none"> Use and develop a variety of tactics and strategies to overcome opponents in team and individual games 	<p>Sports Leaders Level 2</p> <ul style="list-style-type: none"> Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group 	<p>Aerobics Dance Qui-Qing</p> <ul style="list-style-type: none"> Develop their technique and improve their performance or other physical activities 	<p>Leisure Centre Spin Fitness</p> <ul style="list-style-type: none"> Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best 	<p>Swimming</p> <ul style="list-style-type: none"> Develop their technique and improve their performance or other physical activities <p>Orienteering</p> <ul style="list-style-type: none"> Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group

Self-assessment Frequency	Recorded <ul style="list-style-type: none"> • Week 1 • Week 8 • Assessment booklets Unrecorded <ul style="list-style-type: none"> • Every Lesson 	Recorded <ul style="list-style-type: none"> • Week 1 • Week 7 • Assessment booklets Unrecorded <ul style="list-style-type: none"> • Every Lesson 	Recorded <ul style="list-style-type: none"> • Week 1 • Week 6 • Assessment booklets Unrecorded <ul style="list-style-type: none"> • Every Lesson 	Recorded <ul style="list-style-type: none"> • Week 1 • Week 6 • Assessment booklets Unrecorded <ul style="list-style-type: none"> • Every Lesson 	Recorded <ul style="list-style-type: none"> • Week 1 • Week 5 • Assessment booklets Unrecorded <ul style="list-style-type: none"> • Every Lesson
Peer Assessment Frequency	Week 5 <ul style="list-style-type: none"> • Assessment booklets Unrecorded <ul style="list-style-type: none"> • Every Lesson 	Week 5 <ul style="list-style-type: none"> • Assessment booklets Unrecorded <ul style="list-style-type: none"> • Every Lesson 	Week 5 <ul style="list-style-type: none"> • Assessment booklets Unrecorded <ul style="list-style-type: none"> • Every Lesson 	Week 5 <ul style="list-style-type: none"> • Assessment booklets Unrecorded <ul style="list-style-type: none"> • Every Lesson 	Week 5 <ul style="list-style-type: none"> • Assessment booklets Unrecorded <ul style="list-style-type: none"> • Every Lesson
Formative Assessment with feedback	Week 8 <ul style="list-style-type: none"> • Assessment booklets 	Week 7 <ul style="list-style-type: none"> • Assessment booklets 	Week 6 <ul style="list-style-type: none"> • Assessment booklets 	Week 6 <ul style="list-style-type: none"> • Assessment booklets 	Week 5 <ul style="list-style-type: none"> • Assessment booklets
Summative Assessment Including Controlled Assessment	<ul style="list-style-type: none"> • Students will be assessed using the national curriculum. • PE department to devise new criteria for students to work towards and therefore be assessed. Students will set themselves a target to work towards at the start of each unit. • Ongoing assessment will take place. • Students will have a booklet at the end of the year documenting the progress they have made. 				
Monitoring		Week 2 <ul style="list-style-type: none"> • Assessment booklets checked • Staff records checked 	Week 2 <ul style="list-style-type: none"> • Assessment booklets checked • Staff records checked 	Week 2 <ul style="list-style-type: none"> • Assessment booklets checked • Staff records checked 	Week 2 <ul style="list-style-type: none"> • Assessment booklets checked • Staff records checked

Plashet PE Year 10 BTEC Curriculum & Assessment Map 2014-15

Half-terms	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1
No. of Weeks	8	7	6	6	5
No. of Days	38	32	30	29	23
No. of Lessons	20	18	15	15	13
Year 11 Schemes of Learning	Unit 1: Fitness for Sport and Exercise	Unit 1: Fitness for Sport and Exercise Unit 2: Practical Sports Performance	Unit 2: Practical Sports Performance	Unit 2: Practical Sports Performance	Completion of any outstanding work.

Self-assessment Frequency	<ul style="list-style-type: none"> • Week 1 • Week 8 	<ul style="list-style-type: none"> • Week 1 & 7 	<ul style="list-style-type: none"> • Week 1 • Week 6 	<ul style="list-style-type: none"> • Week 1 • Week 6 	<ul style="list-style-type: none"> • Week 1 • Week 5
Peer Assessment Frequency	<ul style="list-style-type: none"> • Week 8 	<ul style="list-style-type: none"> • Week 1 & 7 	<ul style="list-style-type: none"> • Week 5 	<ul style="list-style-type: none"> • Week 5 	<ul style="list-style-type: none"> • Week 1
Formative Assessment with feedback	<ul style="list-style-type: none"> • Weeks 3, 4, 5, 8 	<ul style="list-style-type: none"> • Weeks 1-7 	<ul style="list-style-type: none"> • Weeks 1-6 	<ul style="list-style-type: none"> • Weeks 1-6 	<ul style="list-style-type: none"> • Weeks 1-5
Summative Assessment Including Controlled Assessment	<ul style="list-style-type: none"> • BTEC coursework • BTEC External exam (Computer Test) 	<ul style="list-style-type: none"> • BTEC coursework • BTEC External exam (Computer Test) 	<ul style="list-style-type: none"> • BTEC coursework 	<ul style="list-style-type: none"> • BTEC coursework • Re sit BTEC External exam (Computer Test) 	<ul style="list-style-type: none"> • BTEC coursework
Monitoring	<ul style="list-style-type: none"> • ABA & RHA Internally modify work 	<ul style="list-style-type: none"> • ABA & RHA Internally modify work 	<ul style="list-style-type: none"> • ABA & RHA Internally modify work 	<ul style="list-style-type: none"> • ABA & RHA Internally modify work • External Moderation sample 	<ul style="list-style-type: none"> • ABA & RHA Internally modify work

Plasnet PE Year 11 GCSE Curriculum & Assessment Map 2014-15

Half-terms	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1
No. of Weeks	8	7	6	6	5
No. of Days	38	32	30	29	23
No. of Lessons	20	18	15	15	13
Year 11 Schemes of Learning	Unit 2: Section 2 <ul style="list-style-type: none"> • Personal Exercise programme and • Analysis of Performance 	Unit 2: Section 2 <ul style="list-style-type: none"> • Personal Exercise programme and • Analysis of Performance • Year 11 Mock • Mock Moderation day 	Theory Topic 1.2.2: <ul style="list-style-type: none"> • A healthy, active lifestyle and your cardiovascular system • The cardiovascular system during exercise • Regular exercise and the cardiovascular system • The effect of lifestyle on the cardiovascular system Theory Topic 1.2.3: <ul style="list-style-type: none"> • A healthy, active lifestyle and your respiratory system • The respiratory system • Immediate and long term effects of exercise on the respiratory system 	Theory Topic 1.2.2: <ul style="list-style-type: none"> • A healthy, active lifestyle and your muscular system • The muscular system • Exercising the muscular system • Lifestyle, performance enhancing drugs and the muscular system Theory Topic 1.2.3: <ul style="list-style-type: none"> • A healthy, active lifestyle and your Skeletal system • The skeletal system • Joints and Movement • Exercise and the skeletal system • Injuries to the Skeletal system and the importance of diet <ul style="list-style-type: none"> • AOP interviews 1.4.15 2.4.15 	<ul style="list-style-type: none"> • Theory • Revision • Practical • Moderation days: 24.4.15 27.4.15 • PE Exam Friday 15th May 2015

Self-assessment Frequency	<ul style="list-style-type: none"> • Week 1 • Week 8 	<ul style="list-style-type: none"> • Week 1 • Week 7 	<ul style="list-style-type: none"> • Week 1 • Week 6 	<ul style="list-style-type: none"> • Week 1 • Week 6 	<ul style="list-style-type: none"> • Week 1 • Week 5
Peer Assessment Frequency	<ul style="list-style-type: none"> • Week 5 	<ul style="list-style-type: none"> • Week 5 	<ul style="list-style-type: none"> • Week 5 	<ul style="list-style-type: none"> • Week 5 	<ul style="list-style-type: none"> • Week 5
Formative Assessment with feedback	<ul style="list-style-type: none"> • Week 8 	<ul style="list-style-type: none"> • Week 7 	<ul style="list-style-type: none"> • Week 6 	<ul style="list-style-type: none"> • Week 6 	<ul style="list-style-type: none"> • Week 5
Summative Assessment Including Controlled Assessment	<ul style="list-style-type: none"> • End of unit test • 6 mark questions 	<ul style="list-style-type: none"> • Controlled assessment PEP • Year 11 mock exam paper • Mock moderation practical performance 	<ul style="list-style-type: none"> • End of unit test • 6 mark questions 	<ul style="list-style-type: none"> • Controlled assessment • PEP and Analysis of performance interviews • 6 mark practice questions • Past paper practice 	<ul style="list-style-type: none"> • 6 mark practice questions • Past paper practice
Monitoring		<ul style="list-style-type: none"> • Year 11 mock results analysed • Interviews with students • Intervention's put in place 		<ul style="list-style-type: none"> • ABA and RHA both interview and mark. Check each other's grades and marking 	

Plashet PE Year 11 BTEC Curriculum & Assessment Map 2014-15

Half-terms	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1
No. of Weeks	8	7	6	6	5
No. of Days	38	32	30	29	23
No. of Lessons	20	18	15	15	13
Year 11 Schemes of Learning	<ul style="list-style-type: none"> • Unit 1: Fitness for Sport and Exercise • Unit 5: Training for Personal Fitness 	<ul style="list-style-type: none"> • Unit 1: Fitness for Sport and Exercise • Unit 5: Training for Personal Fitness 	<ul style="list-style-type: none"> • Unit 2: Practical Sports Performance 	<ul style="list-style-type: none"> • Unit 6: Leading Sports Activities 	<ul style="list-style-type: none"> • Completion of any outstanding work.

Self-assessment Frequency	<ul style="list-style-type: none"> • Week 1 • Week 8 	<ul style="list-style-type: none"> • Week 1 & 7 	<ul style="list-style-type: none"> • Week 1 • Week 6 	<ul style="list-style-type: none"> • Week 1 • Week 6 	<ul style="list-style-type: none"> • Week 1 • Week 5
Peer Assessment Frequency	<ul style="list-style-type: none"> • Week 8 	<ul style="list-style-type: none"> • Week 1 & 7 	<ul style="list-style-type: none"> • Week 5 	<ul style="list-style-type: none"> • Week 5 	<ul style="list-style-type: none"> • Week 1
Formative Assessment with feedback	<ul style="list-style-type: none"> • Weeks 3, 4, 5, 8, 	<ul style="list-style-type: none"> • Weeks 1-7 	<ul style="list-style-type: none"> • Weeks 1-6 	<ul style="list-style-type: none"> • Weeks 1-6 	<ul style="list-style-type: none"> • Weeks 1-5
Summative Assessment Including Controlled Assessment	<ul style="list-style-type: none"> • BTEC coursework • BTEC External exam (Computer Test) 	<ul style="list-style-type: none"> • BTEC coursework • BTEC External exam (Computer Test) 	<ul style="list-style-type: none"> • BTEC coursework 	<ul style="list-style-type: none"> • BTEC coursework • Re sit BTEC External exam (Computer Test) 	<ul style="list-style-type: none"> • BTEC coursework
Monitoring	<ul style="list-style-type: none"> • ABA & RHA Internally modify work 	<ul style="list-style-type: none"> • ABA & RHA Internally modify work 	<ul style="list-style-type: none"> • ABA & RHA Internally modify work 	<ul style="list-style-type: none"> • ABA & RHA Internally modify work • External Moderation sample 	<ul style="list-style-type: none"> • ABA & RHA Internally modify work