

Subject Assessment 2026-27

Department: Physical Education

	<u>Assessment Title/Topic</u>	<u>Key Revision Topics</u>
Year 7	CONFIDENCE - Invasion Games (Football, Rugby and T1 Rugby) - Swimming - Badminton - Fitness - Enrichment - Athletics - Rounders - Baseline Testing	- Practical and theoretical end of topic assessments. - Analysis of understanding of tactical and technical elements of isolated, conditioned and game based learning or personal best. - Linked to specific criteria of individual sport. - Invasion Games – Dribbling, passing, tackling, shooting - Swimming – Front crawl, back stroke, breaststroke - Badminton – Serve, overhead clear, smash, dropshot - Fitness – Fitness testing, components of fitness, methods of training - Enrichment - Outdoor and Adventurous Activities (OAA), focusing on their key features, and broadening students' experiences through exposure to sports not typically included in the PE curriculum. - Athletics – Track and Field Events - Rounders – Throwing, catching, batting and fielding - Baseline – Fitness testing and recording - Terminology of muscles, bones, energy systems, heart rate, breathing rates. - Leadership in sport – students reflecting on values surrounding competition. - To find confidence to fail and learn.
Year 8	COOPERTAION - Invasion Games (Football, Rugby and T1 Rugby) - Swimming - Badminton - Fitness - Enrichment - Athletics - Rounders	- Practical and theoretical end of topic assessments. - Analysis of understanding of tactical and technical elements of isolated, conditioned and game based learning or personal best. - Linked to specific criteria of individual sport. - Invasion Games – Dribbling, passing, tackling, shooting - Swimming – Front crawl, back stroke, breaststroke - Badminton – Serve, overhead clear, smash, dropshot - Fitness – Fitness testing, components of fitness, methods of training - Enrichment - Outdoor and Adventurous Activities (OAA), focusing on their key features, and broadening students' experiences through exposure to sports not typically included in the PE curriculum. - Athletics – Track and Field Events - Rounders – Throwing, catching, batting and fielding - Terminology of muscles, bones, energy systems, heart rate, breathing rates. - Leadership in sport – students reflecting on values surrounding competition. - To work as part of a team and cooperate in competitive situations.
Year 9	COMPETENCE - Invasion Games (Football, Rugby and T1 Rugby) - Swimming - Badminton	- Practical and theoretical end of topic assessments. - Analysis of understanding of tactical and technical elements of isolated, conditioned and game based learning or personal best. - Linked to specific criteria of individual sport. - Invasion Games – Dribbling, passing, tackling, shooting - Swimming – Front crawl, back stroke, breaststroke

	- Fitness - Enrichment - Athletics - Rounders	- Badminton – Serve, overhead clear, smash, dropshot - Fitness – Fitness testing, components of fitness, methods of training - Enrichment - Outdoor and Adventurous Activities (OAA), focusing on their key features, and broadening students' experiences through exposure to sports not typically included in the PE curriculum. - Athletics – Track and Field Events - Rounders – Throwing, catching, batting and fielding - Terminology of muscles, bones, energy systems, heart rate, breathing rates. - Leadership in sport – students reflecting on values surrounding competition. - To apply a range of skills and tactics consistently in competitive situations
Year 10	Core – COMPETITIVE - Invasion Games (Football, Rugby and T1 Rugby) - Swimming - Badminton - Fitness - Enrichment - Athletics - Rounders BTEC Sport - CURIOSITY	CORE - Practical and theoretical end of topic assessments. - Analysis of understanding of tactical and technical elements of isolated, conditioned and game based learning or personal best. - Linked to specific criteria of individual sport. - Invasion Games – Dribbling, passing, tackling, shooting - Swimming – Front crawl, back stroke, breaststroke - Badminton – Serve, overhead clear, smash, dropshot - Fitness – Fitness testing, components of fitness, methods of training, personal training programmes. - Enrichment - Outdoor and Adventurous Activities (OAA), focusing on their key features, and broadening students' experiences through exposure to sports not typically included in the PE curriculum. - Athletics – Track and Field Events - Rounders – Throwing, catching, batting and fielding - Terminology of muscles, bones, energy systems, heart rate, breathing rates. - Leadership in sport – students reflecting on values surrounding competition. - Develop self-progression and personal best BTEC Sport - Research and Independent learning. - Know the attributes of a successful sports leader. - Understand the skills, qualities, and responsibilities of a leader - Lesson plan structure - Undertake the planning and leading of a sports activity lesson. - Be confident to lead a session - Understanding Learning outcomes and objectives and put them into practice. - Know about the components of fitness and principles of training - Explore different fitness training methods
Year 11	Core – CHALLENGE - Invasion Games (Football, Rugby and T1 Rugby) - Swimming - Badminton - Fitness BTEC Sport - COMMITED	CORE - Practical and theoretical end of topic assessments. - Analysis of understanding of tactical and technical elements of isolated, conditioned and game based learning or personal best. - Linked to specific criteria of individual sport. - Invasion Games – Dribbling, passing, tackling, shooting - Swimming – Front crawl, back stroke, breaststroke - Badminton – Serve, overhead clear, smash, dropshot - Fitness – Fitness testing, components of fitness, methods of training, personal training programmes.

		- Terminology of muscles, bones, energy systems, heart rate, breathing rates. - Leadership in sport – students reflecting on values surrounding competition. - Lead a healthy active lifestyle BTEC Sport - Take opportunities to excel in the course - Understand the rules, regulations and scoring systems for basketball and badminton - Practically demonstrate skills, techniques and tactics in badminton and basketball. - Understand the rules and regulations of basketball and badminton - Be able to review own performance
Year 12	BTEC Sport - COMMUNITY	- Unit 1 Anatomy and Physiology & Unit 4 Leadership in Sport - Taking leadership roles in the wider school community - Develop a passion for flipped learning and independent research - Students leading students in extracurricular opportunities - Confidence to explain answers fully regarding specific unit topics. - To develop exam specific revision methods regarding Anatomy and physiology tasks. - Post 16 Subject specific terminology. Muscles, Bones, Energy systems. Heart rate. Inspiration/ respiration. Breathing rates. - Calculate BMI, fitness testing. Joints – Swimming/ S&F. Types of leaders. Calories, diet and antagonistic pairs. Contractions – Isometric, concentric and eccentric. Barriers to exercise (community links). ATP-PC system, lactate system and aerobic system. - Independent research into teaching and learning styles and putting them into practice.
Year 13	BTEC Sport - CAREERS	- Unit 2 Fitness training & programming & Unit 3 Careers in Sport - Show commitment to future learning pathways - Develop a passion for flipped learning and independent research - Students leading students in extracurricular opportunities - Confidence to explain answers fully regarding specific unit topics. - Transferable unit specific skills - Reflection on peers work and own performance - Knowledge and understanding of careers and pathways, application process and recruitment - Examine lifestyle factors and their effect on health and well-being - Understand the screening processes for training programming - Understand the programme-related nutritional needs - Understand the career and job opportunities in the sports industry - Explore own skills using a skills audit to inform a career development action plan