

	Week		ademy								
	1	W/B	Year 7	Year 8	Year 9	Year 10	Year 11	Year 10 Core	Year 11 Core	Subject Assessment	Whole School Assessment
	1	31/08/2020	0		Pand 4 Developing onlygged drille and	Effects of exercise	Lifestyle factors. Active vs. Sedentary	Band 1 - Pupils demonstrating	Band 1 - Pupils demonstrating		
					tochniques through toam games Implementing						1
	2	07/09/20201	(1)		and reflecting upon strategies to outwit the	Health vs Fitness	Diet and the Eatwell Guide	team games and utilising tactics to	team games and utilising tactics to		
	_		the opposition	and competitive games	opposition.			1 ' '	, , , , , , , , , , , , , , , , , , , ,	· · ·	
	3	1////01/20201	UI		Band 2 - Developing advanced skills and	Components of health and skill related fitness	Developing meal plans		_		
Mathematical	4					Principles of Training & FITT	Rest and recovery				
			suggesting methods for improvement			, ,	,	-		·	
Manual	5	78/09/70700		·	and implementing methods for improvement	Assessment and GRIT	Fitness testing and normative data	1 ' '	1	11 Coursework preparation	
	6				Band 3 - Developing advanced skills and	Skeletal system - functions, hones and joints	Training methods				
		03/10/2020		, ,			Training methods	•			
Part	7	12/10/2020			Creating and following a training programme		Training zones/ reps and sets		, ,		
	•			training methods		structure	Training zones, reps and sets	checuvery outwit the opposition.	encouvery outwit the opposition.		
		19/10/2020	0								
Part		26/10/2020	0								
	Q	02/11/2020				Skeletal system -nosture & nostural defects				7 - Assessment against PE head, heart & hand	
		02/11/2020	<u> </u>			Skeretar system posture & posturar derects		- · · · · · · · · · · · · · · · · · · ·		, ,	
	9	09/11/2020	Band 2 - Developing skills and techniques through		, · ·	Skeletal System Assessment and GRIT		, ,			
						oncretar system resessment and crim			1 •		
1	10	16/11/2020	0 the opposition.	D. 10 D. 1111	1.	Muscular system structure & muscle movement		1 ''	, ,,		
May 1948 May	11	23/11/2020	Band 3 - Developing skills and techniques through in	n I	. · · · · · · · · · · · · · · · · · · ·	Muscle contraction & muscle fibres	LINIT ONE RESIST				
			individual activities. Analysing own performance	7, 8	1		CHIL CHE RESIST				1
	12					Muscular System Assessment and GRIT		1	1	11 Synoptic Assessment Release	
			Band 1 - Developing skills and techniques through in	n I '	•	Respiratory system - structure & mechanisms of	+	1	1		1
Part	13	07/12/2020	fitness based activities. Understanding how our	Band 1 - Building on skills and techniques already	·						
				, ,				· ·			
	14				nonowing a training programme	Gaseous exchange & Lung Volumes	SYNOPTIC ASSESSMENT RELEASED	1	1		
Mary		. ,=3=3		training methods					grant and appointed.		
Math		21/12/2020	0								
10   10   10   10   10   10   10   10											
1								Band 3 - Pupils demonstrating	Band 3 - Pupils demonstrating	7 - Assessment against PE head, heart & hand	
Miles   Mile	15	04/01/2021	1			Respiratory System Assessment & GRIT	Synoptic controlled assessment				
Process					Band 1, 2 & 3 -Solving advanced intellectual and	Structure and functions of the heart & blood					
Marked   M	16			Band 1, 2 & 3 -Solving intellectual and physical			Synoptic controlled assessment	effectively outwit the opposition.	effectively outwit the opposition.		
March   Marc	47		challenges through outdoor adventurous	challenges through outdoor adventurous activities.			6	Band 1 - Pupils developing their own	Band 1 - Pupils developing their own		
10   10   10   10   10   10   10   10	17	18/01/2021	activities. Building on trust and developing	Building on trust, teamwork and developing	,	The cardiac cycle and measurements	Synoptic controlled assessment			milestones for activity completed	
Post   Control	18	25/01/2021	1 skills to solve problems, either individually or as	skills to solve problems, either individually or as a	1	Cardiac measurements and blood pressure	Synoptic controlled assessment	1	1	10 Respiratory & cardiovascular assessment	
Marchan   Marc	19	01/02/2021	1 a group	group		Cardiovascular System Assessment and GRIT	Synoptic controlled assessment		1	11 Controlled Assessment	
Mark					S. Out						
Part	20	08/02/2021	1			En annual material and man	Synoptic controlled assessment	_ I	· ·		
Mode		15/02/2021	1			Energy systems and uses		net/wall games and utilising tactics to	net/wall games and utilising tactics to		
10   10   10   10   10   10   10   10		15/02/2021	1	Rand 3 - Building on skills and techniques already						7. Assessment against DE head heart 9 hand	
Secretary of the secret	21	22/02/2021	1		<b>Band 3</b> - Developing advanced skills and techniques	Unit 1 revision	Synoptic controlled assessment				
1			- Band 3 - Developing skills and techniques through		<u> </u>		+	Band 1, 2 & 3 - Pupils take part in	Band 1, 2 & 3 - Pupils take part in		
The Special Continues of the Proposition of the Continues of th	22	01/03/2021	team games. Beginning to use strategies to outwit			Unit 1 revision	Synoptic controlled assessment	outdoor and adventurous activities in a	outdoor and adventurous activities in a		
Section of the content of the cont			the opposition.		1		' '	range of environments which present	range of environments which present	milestones for activity completed	
Second   S	22	00/02/2024	Band 1 - Developing skills and techniques through in	n I ,	<u> </u>			intellectual and physical challenges	intellectual and physical challenges	9 - Assessment against PE head, heart & hand	
Position	23	08/03/2021	individual activities. Analysing own performance		, , ,	Unit 1 External Assessment	Synoptic controlled assessment	- · · ·		milestones for activity completed	
2			and suggesting methods for improvement						, ,	· · ·	
Part	24	15/03/2021	$1 \frac{\textbf{Band 2}}{\textbf{Band 2}}$ - Developing skills and techniques through in	n   '	·	Lifestyle factors. Active vs. Sedentary	Synoptic controlled assessment	1	1	10 UNIT 1 EXTERNAL ASSESSMENT	
Second   S			fitness based activities. Understanding how our		, · ·			either individually or as a group	either individually or as a group		
Second	25	22/03/2021	body systems respond to exercise	, ,		Diet and the Fatwell Guide	SYNORTIC ASSESSMENT DEADLINE 1			11 Controlled Assessment	
Section   Sect	23	22/03/2021	1		Tollowing a training programme	Diet and the Latwell Guide	STNOPTIC ASSESSIVENT DEADLINE I			11 Controlled Assessment	
Septimon		29/03/2021	1	and the state of t							
Part											
1/10/10/10/10/10/10/10/10/10/10/10/10/10							Synoptic controlled assessment			7 - Assessment against PE head, heart & hand	
1990/2002   Supplementary	26	12/04/2021	1			Developing meal plans	1				
Signature   Sign		40/01/22				Dest and	, ,	7		· · ·	
28   28   28   28   28   28   28   28	21	19/04/2021	<u> </u>			kest and recovery	1				
	22	26/65/55	1		Band 1, 2 & 3 - Developing advanced skills	File and the state of the state	· ·	Band 1, 2 & 3 - Demonstrating	Band 1, 2 & 3 - Demonstrating	·	
performance in athletics based activities. Evaluating own and others performance and suggesting areas for improvement improvem	28					Fitness testing and normative data	1				
Symptoment   Sym				-  ·	activities Critically analysing own and others		· · ·	·	· · · · · · · · · · · · · · · · · · ·		
Improvement	30	U3/U5/2021	lown performance and suggesting areas for			Fitness testing and normative data	1, ,	l,	l.	LU Controlled assessment preparation	
17/05/2021   Fitness testing and normative data   Synoptic controlled assessment (Improvements after feedback)   Fitness testing and normative data   Synoptic controlled assessment (Improvements after feedback)   Fitness testing and normative data   Synoptic controlled assessment (Improvements after feedback)   Fitness testing and normative data   Synoptic controlled assessment (Improvements after feedback)   Fitness testing and normative data   Synoptic controlled assessment (Improvements after feedback)   Fitness testing and normative data   Synoptic controlled assessment (Improvements after feedback)   Fitness testing and normative data   Synoptic controlled assessment (Improvements after feedback)   Fitness testing and normative data   Synoptic controlled assessment (Improvements after feedback)   Fitness testing and normative data   Synoptic controlled assessment (Improvements after feedback)   Fitness testing and normative data   Synoptic controlled assessment (Improvements after feedback)   Fitness testing and normative data   Synoptic controlled assessment (Improvements after feedback)   Fitness testing and normative data   Synoptic controlled assessment (Improvements after feedback)   Fitness testing and normative data   Synoptic controlled assessment (Improvements after feedback)   Fitness testing and normative data   Synoptic controlled assessment (Improvements after feedback)   Fitness testing and normative data   Synoptic controlled assessment (Improvements after feedback)   Fitness testing and normative data   Synoptic controlled assessment (Improvement specific data   Fitness testing and normative data   Fitness testing and normati	29			limprovement			Synoptic controlled assessment	. •	. •		
1   1   1   1   1   1   1   1   1   1				Improvement		Letter and a second and a second and a second	(improvements after feedback)	' ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' '		TE CONTROLLE ASSESSMENT	
24/05/201 31/05/2021 31/05/2021 31/05/2021 32   14/05/2021 33   15/07/2021 34   14/05/2021 35   21/05/2021 36   28/06/2021 37   05/07/2021 38   17/07/2021 38   17/07/2021 39   19/07/2021 30   19/07/2021 30   19/07/2021 30   19/07/2021 31   19/07/2021 32   19/07/2021 33   19/07/2021 34   19/07/2021 35   19/07/2021 36   19/07/2021 37   19/07/2021 38   19/07/2021 39				improvement		Fitness testing and normative data		4			
24/05/201   Care of the component of the	30	10/05/2021	1	improvement			Synoptic controlled assessment	7			
31/05/201   Support	30	10/05/2021 17/05/2021	1 1	improvement			Synoptic controlled assessment (improvements after feedback)				
3 07/06/2021  3 14/06/2021  3 14/06/2021  3 14/06/2021  3 21/06/2021  3 21/06/2021  3 05/07/2021  3 05/07/2021  3 19/07/2021  3	30	10/05/2021 17/05/2021	1 1	improvement			Synoptic controlled assessment (improvements after feedback) SYNOPTIC ASSESSMENT DEADLINE 2 FOR				
14/06/2021  35 21/06/2021  36 28/06/2021  37 05/07/2021  38 11/07/2021  39 19/07/2021  30 19/07/2021  31 19/07/2021  32 19/07/2021  33 19/07/2021  34 19/07/2021  35 21/06/2021  36 28/06/2021  37 05/07/2021  38 19/07/2021  39 19/07/2021  30 19/07/	30	10/05/2021 17/05/2021 24/05/2021	1 1 1	improvement			Synoptic controlled assessment (improvements after feedback) SYNOPTIC ASSESSMENT DEADLINE 2 FOR				
14/06/2021 35 21/06/2021 36 28/06/2021 37 05/07/2021 38 12/07/2021 39 19/07/2021 39 19/07/2021 39 19/07/2021 39 19/07/2021 39 19/07/2021 30 19	30 31 32	10/05/2021 17/05/2021 24/05/2021 31/05/2021	1 ' 1 1 1 1	improvement		Fitness testing and normative data	Synoptic controlled assessment (improvements after feedback) SYNOPTIC ASSESSMENT DEADLINE 2 FOR RESUBMISSIONS			7 - Assessment against PF head heart & hand	
14/06/201	30 31 32	10/05/2021 17/05/2021 24/05/2021 31/05/2021	1 ' 1 1 1 1	improvement		Fitness testing and normative data	Synoptic controlled assessment (improvements after feedback) SYNOPTIC ASSESSMENT DEADLINE 2 FOR RESUBMISSIONS		N/A		
Band 1, 2 & 3 - Developing technique and performance in striking and fielding activities.  3 28/06/2021 3 05/07/2021 3 19/07/2021 3 19/07/2021 3 19/07/2021 3 19/07/2021 3 19/07/2021	30 31 32 33	10/05/2021 17/05/2021 24/05/2021 31/05/2021 07/06/2021	1	improvement		Fitness testing and normative data  Training methods - Identification	Synoptic controlled assessment (improvements after feedback) SYNOPTIC ASSESSMENT DEADLINE 2 FOR RESUBMISSIONS		N/A	milestones for activity completed	
21/06/2021 performance in striking and fielding activities.  28/06/2021 37 05/07/2021 38 12/07/2021 39 19/07/2021 39 19/07/2021 39 19/07/2021 39 19/07/2021 39 19/07/2021 39 19/07/2021 39 19/07/2021 39 19/07/2021 30 19/07/2021	30 31 32 33	10/05/2021 17/05/2021 24/05/2021 31/05/2021 07/06/2021	1	improvement		Fitness testing and normative data  Training methods - Identification	Synoptic controlled assessment (improvements after feedback) SYNOPTIC ASSESSMENT DEADLINE 2 FOR RESUBMISSIONS		N/A	milestones for activity completed 8 - Assessment against PE head, heart & hand	
28/06/2021 Svaluating own and others performance and suggesting areas for improvement suggesting ar	30 31 32 33	10/05/2021 17/05/2021 24/05/2021 31/05/2021 07/06/2021 14/06/2021	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		Band 1, 2 & 3 - Developing advanced skills,	Fitness testing and normative data  Training methods - Identification  Training methods - Circuit training	Synoptic controlled assessment (improvements after feedback) SYNOPTIC ASSESSMENT DEADLINE 2 FOR RESUBMISSIONS		N/A	milestones for activity completed 8 - Assessment against PE head, heart & hand milestones for activity completed	
28/06/2021 suggesting areas for improvement suggesting areas for i	30 31 32 33	10/05/2021 17/05/2021 24/05/2021 31/05/2021 07/06/2021 14/06/2021	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Band 1, 2 & 3 - Building on skills, techniques and	Band 1, 2 & 3 - Developing advanced skills, techniques and performance in striking and fielding	Fitness testing and normative data  Training methods - Identification  Training methods - Circuit training	Synoptic controlled assessment (improvements after feedback) SYNOPTIC ASSESSMENT DEADLINE 2 FOR RESUBMISSIONS	Band 1, 2 & 3 - Demonstrating	N/A	milestones for activity completed 8 - Assessment against PE head, heart & hand milestones for activity completed 9 - Assessment against PE head, heart & hand	
Training methods - Weight training  37	30 31 32 33 34 35	10/05/2021 17/05/2021 24/05/2021 31/05/2021 07/06/2021 14/06/2021 21/06/2021	Band 1, 2 & 3 - Developing technique and performance in striking and fielding activities.	Band 1, 2 & 3 - Building on skills, techniques and performance in striking and fielding activities.	Band 1, 2 & 3 - Developing advanced skills, techniques and performance in striking and fielding activities. Critically analysing own and others	Fitness testing and normative data  Training methods - Identification  Training methods - Circuit training  Training methods - Circuit training	Synoptic controlled assessment (improvements after feedback) SYNOPTIC ASSESSMENT DEADLINE 2 FOR RESUBMISSIONS	Band 1, 2 & 3 - Demonstrating advanced skills, techniques and	N/A	milestones for activity completed 8 - Assessment against PE head, heart & hand milestones for activity completed 9 - Assessment against PE head, heart & hand milestones for activity completed	
Training methods - Interval training  19/07/2021 Training methods - Cross training  Training methods - Cross training	30 31 32 33 34 35	10/05/2021 17/05/2021 24/05/2021 31/05/2021 07/06/2021 14/06/2021 21/06/2021 28/06/2021	Band 1, 2 & 3 - Developing technique and performance in striking and fielding activities.  Evaluating own and others performance and suggesting areas for improvement	Band 1, 2 & 3 - Building on skills, techniques and performance in striking and fielding activities.  Evaluating own and others performance and	Band 1, 2 & 3 - Developing advanced skills, techniques and performance in striking and fielding activities. Critically analysing own and others performance and implementing methods for	Fitness testing and normative data  Training methods - Identification  Training methods - Circuit training  Training methods - Circuit training  Training methods - Weight training	Synoptic controlled assessment (improvements after feedback) SYNOPTIC ASSESSMENT DEADLINE 2 FOR RESUBMISSIONS	Band 1, 2 & 3 - Demonstrating advanced skills, techniques and performance in striking and fielding	N/A	milestones for activity completed 8 - Assessment against PE head, heart & hand milestones for activity completed 9 - Assessment against PE head, heart & hand milestones for activity completed 10 Controlled assessment preparation	
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40 26/07/2021 Training methods - Fartlek training	30 31 32 33 34 35 36 37	10/05/2021 17/05/2021 24/05/2021 31/05/2021 07/06/2021 14/06/2021 21/06/2021 28/06/2021 05/07/2021 12/07/2021	Band 1, 2 & 3 - Developing technique and performance in striking and fielding activities.  Evaluating own and others performance and suggesting areas for improvement	Band 1, 2 & 3 - Building on skills, techniques and performance in striking and fielding activities.  Evaluating own and others performance and	Band 1, 2 & 3 - Developing advanced skills, techniques and performance in striking and fielding activities. Critically analysing own and others performance and implementing methods for	Fitness testing and normative data  Training methods - Identification  Training methods - Circuit training  Training methods - Circuit training  Training methods - Weight training  Training methods - Weight training  Training methods - Interval training	Synoptic controlled assessment (improvements after feedback) SYNOPTIC ASSESSMENT DEADLINE 2 FOR RESUBMISSIONS	Band 1, 2 & 3 - Demonstrating advanced skills, techniques and performance in striking and fielding activities. Utilising tactics in order to	N/A	milestones for activity completed 8 - Assessment against PE head, heart & hand milestones for activity completed 9 - Assessment against PE head, heart & hand milestones for activity completed 10 Controlled assessment preparation	
	30 31 32 33 34 35 36 37	10/05/2021 17/05/2021 24/05/2021 31/05/2021 07/06/2021 14/06/2021 21/06/2021 28/06/2021 05/07/2021 12/07/2021 19/07/2021	Band 1, 2 & 3 - Developing technique and performance in striking and fielding activities.  Evaluating own and others performance and suggesting areas for improvement	Band 1, 2 & 3 - Building on skills, techniques and performance in striking and fielding activities.  Evaluating own and others performance and	Band 1, 2 & 3 - Developing advanced skills, techniques and performance in striking and fielding activities. Critically analysing own and others performance and implementing methods for	Fitness testing and normative data  Training methods - Identification  Training methods - Circuit training  Training methods - Circuit training  Training methods - Weight training  Training methods - Weight training  Training methods - Interval training  Training methods - Cross training	Synoptic controlled assessment (improvements after feedback) SYNOPTIC ASSESSMENT DEADLINE 2 FOR RESUBMISSIONS	Band 1, 2 & 3 - Demonstrating advanced skills, techniques and performance in striking and fielding activities. Utilising tactics in order to	N/A	milestones for activity completed 8 - Assessment against PE head, heart & hand milestones for activity completed 9 - Assessment against PE head, heart & hand milestones for activity completed 10 Controlled assessment preparation	
	30 31 32 33 34 35 36 37 38 39	10/05/2021 17/05/2021 24/05/2021 31/05/2021 07/06/2021 14/06/2021 21/06/2021 28/06/2021 05/07/2021 12/07/2021 19/07/2021	Band 1, 2 & 3 - Developing technique and performance in striking and fielding activities.  Evaluating own and others performance and suggesting areas for improvement	Band 1, 2 & 3 - Building on skills, techniques and performance in striking and fielding activities.  Evaluating own and others performance and	Band 1, 2 & 3 - Developing advanced skills, techniques and performance in striking and fielding activities. Critically analysing own and others performance and implementing methods for	Fitness testing and normative data  Training methods - Identification  Training methods - Circuit training  Training methods - Circuit training  Training methods - Weight training  Training methods - Weight training  Training methods - Interval training  Training methods - Cross training	Synoptic controlled assessment (improvements after feedback) SYNOPTIC ASSESSMENT DEADLINE 2 FOR RESUBMISSIONS	Band 1, 2 & 3 - Demonstrating advanced skills, techniques and performance in striking and fielding activities. Utilising tactics in order to	N/A	milestones for activity completed 8 - Assessment against PE head, heart & hand milestones for activity completed 9 - Assessment against PE head, heart & hand milestones for activity completed 10 Controlled assessment preparation	