



PE Year Plan 2020-21

Week	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	<p>Band 1 - Developing skills and techniques through team games. Beginning to use strategies to outwit the opposition.</p> <p>Band 2 - Developing skills and techniques through individual sports. Analysing own performance and suggesting methods for improvement</p> <p>Band 3 - Developing skills and techniques through fitness based activities. Understanding how our body systems respond to exercise</p>	<p>Band 1 - Building on skills and techniques already developed through team games. Using tactics and strategies to outwit the opposition both in practice and competitive games</p> <p>Band 2 - Building on skills and techniques already developed through individual sports. Analysing own and others performance and suggesting methods for improvement</p> <p>Band 3 - Building on skills and techniques already developed through fitness based activities. Developing understanding of specific fitness tests and training methods</p>	<p>Band 1 - Developing advanced skills and techniques through team games. Implementing and reflecting upon strategies to outwit the opposition.</p> <p>Band 2 - Developing advanced skills and techniques through in individual activities. Critically analysing own and others performance and implementing methods for improvement</p> <p>Band 3 - Developing advanced skills and techniques through in fitness based activities. Creating and following a training programme</p>	Effects of exercise	Lifestyle factors. Active vs. Sedentary	<p>Band 1 - Pupils demonstrating advanced skills and techniques through team games and utilising tactics to effectively outwit the opposition.</p> <p>Band 2 - Pupils developing their own training programme to improve health and fitness now and encourage a love of physical activity post 16.</p> <p>Band 3 - Pupils demonstrating advanced skills and techniques in net/wall games and utilising tactics to effectively outwit the opposition.</p>	<p>Band 1 - Pupils demonstrating advanced skills and techniques through team games and utilising tactics to effectively outwit the opposition.</p> <p>Band 2 - Pupils developing their own training programme to improve health and fitness now and encourage a love of physical activity post 16.</p> <p>Band 3 - Pupils demonstrating advanced skills and techniques in net/wall games and utilising tactics to effectively outwit the opposition.</p>	7 - Assessment against PE head, heart & hand milestones for activity completed	
2	07/09/2020				Health vs Fitness	Diet and the Eatwell Guide			8 - Assessment against PE head, heart & hand milestones for activity completed	
3	14/09/2020				Components of health and skill related fitness	Developing meal plans			9 - Assessment against PE head, heart & hand milestones for activity completed	
4	21/09/2020				Principles of Training & FITT	Rest and recovery			10 Training & components of fitness assessment	
5	28/09/2020				Training and Components of Fitness Assessment and GRIT	Fitness testing and normative data			11 Coursework preparation	
6	05/10/2020				Skeletal system - functions, bones and joints	Training methods				
7	12/10/2020				Skeletal system - movement and synovial joint structure	Training zones/ reps and sets				
	19/10/2020									
	26/10/2020									
8	02/11/2020	<p>Band 2 - Developing skills and techniques through team games. Beginning to use strategies to outwit the opposition.</p> <p>Band 3 - Developing skills and techniques through in individual activities. Analysing own performance and suggesting methods for improvement</p> <p>Band 1 - Developing skills and techniques through in fitness based activities. Understanding how our body systems respond to exercise</p>	<p>Band 2 - Building on skills and techniques already developed through team games. Using tactics and strategies to outwit the opposition both in practice and competitive games</p> <p>Band 3 - Building on skills and techniques already developed through individual sports. Analysing own and others performance and suggesting methods for improvement</p> <p>Band 1 - Building on skills and techniques already developed through fitness based activities. Developing understanding of specific fitness tests and training methods</p>	<p>Band 2 - Developing advanced skills and techniques through team games. Implementing and reflecting upon strategies to outwit the opposition.</p> <p>Band 3 - Developing advanced skills and techniques through in individual activities. Critically analysing own and others performance and implementing methods for improvement</p> <p>Band 1 - Developing advanced skills and techniques through in fitness based activities. Creating and following a training programme</p>	Skeletal system -posture & postural defects		<p>Band 2 - Pupils demonstrating advanced skills and techniques through team games and utilising tactics to effectively outwit the opposition.</p> <p>Band 3 - Pupils developing their own training programme to improve health and fitness now and encourage a love of physical activity post 16.</p> <p>Band 1 - Pupils demonstrating advanced skills and techniques in net/wall games and utilising tactics to effectively outwit the opposition.</p>	<p>Band 2 - Pupils demonstrating advanced skills and techniques through team games and utilising tactics to effectively outwit the opposition.</p> <p>Band 3 - Pupils developing their own training programme to improve health and fitness now and encourage a love of physical activity post 16.</p> <p>Band 1 - Pupils demonstrating advanced skills and techniques in net/wall games and utilising tactics to effectively outwit the opposition.</p>	7 - Assessment against PE head, heart & hand milestones for activity completed	
9	09/11/2020				Skeletal System Assessment and GRIT				8 - Assessment against PE head, heart & hand milestones for activity completed	
10	16/11/2020				Muscular system structure & muscle movement				9 - Assessment against PE head, heart & hand milestones for activity completed	
11	23/11/2020				Muscle contraction & muscle fibres	UNIT ONE RESIST			10 Skeletal & Muscular Assessment	
12	30/11/2020				Muscular System Assessment and GRIT				11 Synoptic Assessment Release	
13	07/12/2020				Respiratory system - structure & mechanisms of breathing					
14	14/12/2020				Gaseous exchange & Lung Volumes	SYNOPTIC ASSESSMENT RELEASED				
	21/12/2020									
	28/12/2020									
15	04/01/2021	<p>Band 1, 2 & 3 -Solving intellectual and physical challenges through outdoor adventurous activities. Building on trust and developing skills to solve problems, either individually or as a group</p>	<p>Band 1, 2 & 3 -Solving intellectual and physical challenges through outdoor adventurous activities. Building on trust, teamwork and developing skills to solve problems, either individually or as a group</p>	<p>Band 1, 2 & 3 -Solving advanced intellectual and physical challenges through outdoor adventurous activities. Building on trust, teamwork and developing skills to solve problems, either individually or as a group</p>	Respiratory System Assessment & GRIT	Synoptic controlled assessment	<p>Band 3 - Pupils demonstrating advanced skills and techniques through team games and utilising tactics to effectively outwit the opposition.</p> <p>Band 1 - Pupils developing their own training programme to improve health and fitness now and encourage a love of physical activity post 16.</p> <p>Band 2 - Pupils demonstrating advanced skills and techniques in net/wall games and utilising tactics to</p>	<p>Band 3 - Pupils demonstrating advanced skills and techniques through team games and utilising tactics to effectively outwit the opposition.</p> <p>Band 1 - Pupils developing their own training programme to improve health and fitness now and encourage a love of physical activity post 16.</p> <p>Band 2 - Pupils demonstrating advanced skills and techniques in net/wall games and utilising tactics to</p>	7 - Assessment against PE head, heart & hand milestones for activity completed	
16	11/01/2021				Structure and functions of the heart & blood vessels	Synoptic controlled assessment			8 - Assessment against PE head, heart & hand milestones for activity completed	
17	18/01/2021				The cardiac cycle and measurements	Synoptic controlled assessment			9 - Assessment against PE head, heart & hand milestones for activity completed	
18	25/01/2021				Cardiac measurements and blood pressure	Synoptic controlled assessment			10 Respiratory & cardiovascular assessment	
19	01/02/2021				Cardiovascular System Assessment and GRIT	Synoptic controlled assessment			11 Controlled Assessment	
20	08/02/2021				Energy systems and uses	Synoptic controlled assessment				
	15/02/2021									
21	22/02/2021	<p>Band 3 - Developing skills and techniques through team games. Beginning to use strategies to outwit the opposition.</p> <p>Band 1 - Building on skills and techniques already developed through individual sports. Analysing own performance and suggesting methods for improvement</p> <p>Band 2 - Developing skills and techniques through in fitness based activities. Understanding how our body systems respond to exercise</p>	<p>Band 3 - Building on skills and techniques already developed through team games. Using tactics and strategies to outwit the opposition both in practice and competitive games</p> <p>Band 1 - Building on skills and techniques already developed through individual sports. Analysing own and others performance and suggesting methods for improvement</p> <p>Band 2 - Building on skills and techniques already developed through fitness based activities. Developing understanding of specific fitness tests and training methods</p>	<p>Band 3 - Developing advanced skills and techniques through team games. Implementing and reflecting upon strategies to outwit the opposition.</p> <p>Band 1 - Developing advanced skills and techniques through in individual activities. Critically analysing own and others performance and implementing methods for improvement</p> <p>Band 2 - Developing advanced skills and techniques through in fitness based activities. Creating and following a training programme</p>	Unit 1 revision	Synoptic controlled assessment	<p>Band 1, 2 & 3 - Pupils take part in 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>	<p>Band 1, 2 & 3 - Pupils take part in 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>	7 - Assessment against PE head, heart & hand milestones for activity completed	
22	01/03/2021				Unit 1 revision	Synoptic controlled assessment			8 - Assessment against PE head, heart & hand milestones for activity completed	
23	08/03/2021				Unit 1 External Assessment	Synoptic controlled assessment			9 - Assessment against PE head, heart & hand milestones for activity completed	
24	15/03/2021				Lifestyle factors. Active vs. Sedentary	Synoptic controlled assessment			10 UNIT 1 EXTERNAL ASSESSMENT	
25	22/03/2021				Diet and the Eatwell Guide	SYNOPTIC ASSESSMENT DEADLINE 1			11 Controlled Assessment	
	29/03/2021									
	05/04/2021									
26	12/04/2021	<p>Band 1, 2 & 3 - Developing technique and performance in athletics based activities. Evaluating own performance and suggesting areas for improvement</p>	<p>Band 1, 2 & 3 - Building on skills, techniques and performance in athletics based activities. Evaluating own and others performance and suggesting areas for improvement</p>	<p>Band 1, 2 & 3 - Developing advanced skills, technique and performance in athletics based activities. Critically analysing own and others performance and implementing methods for improvement</p>	Developing meal plans	Synoptic controlled assessment (improvements after feedback)	<p>Band 1, 2 & 3 - Demonstrating advanced skills, technique and performances in athletics based activities. Developing own fitness levels in order to reach personal bests.</p>	<p>Band 1, 2 & 3 - Demonstrating advanced skills, technique and performances in athletics based activities. Developing own fitness levels in order to reach personal bests.</p>	7 - Assessment against PE head, heart & hand milestones for activity completed	
27	19/04/2021				Rest and recovery	Synoptic controlled assessment (improvements after feedback)			8 - Assessment against PE head, heart & hand milestones for activity completed	
28	26/04/2021				Fitness testing and normative data	Synoptic controlled assessment (improvements after feedback)			9 - Assessment against PE head, heart & hand milestones for activity completed	
29	03/05/2021				Fitness testing and normative data	Synoptic controlled assessment (improvements after feedback)			10 Controlled assessment preparation	
30	10/05/2021				Fitness testing and normative data	Synoptic controlled assessment (improvements after feedback)			11 Controlled Assessment	
31	17/05/2021				Fitness testing and normative data	Synoptic controlled assessment (improvements after feedback)				
32	24/05/2021				Fitness testing and normative data	SYNOPTIC ASSESSMENT DEADLINE 2 FOR RESUBMISSIONS				
	31/05/2021									
33	07/06/2021	<p>Band 1, 2 & 3 - Developing technique and performance in striking and fielding activities. Evaluating own and others performance and suggesting areas for improvement</p>	<p>Band 1, 2 & 3 - Building on skills, techniques and performance in striking and fielding activities. Evaluating own and others performance and suggesting areas for improvement</p>	<p>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 improvement</p>	Training methods - Identification	N/A	<p>Band 1, 2 & 3 - Demonstrating advanced skills, techniques and performances in striking and fielding activities. Utilising tactics in order to outwit the opposition</p>	<p>Band 1, 2 & 3 - Demonstrating advanced skills, techniques and performances in striking and fielding activities. Utilising tactics in order to outwit the opposition</p>	7 - Assessment against PE head, heart & hand milestones for activity completed	
34	14/06/2021				Training methods - Circuit training				8 - Assessment against PE head, heart & hand milestones for activity completed	
35	21/06/2021				Training methods - Circuit training				9 - Assessment against PE head, heart & hand milestones for activity completed	
36	28/06/2021				Training methods - Weight training				10 Controlled assessment preparation	
37	05/07/2021				Training methods - Weight training				11 N/A	
38	12/07/2021				Training methods - Interval training					
39	19/07/2021				Training methods - Cross training					
40	26/07/2021				Training methods - Fartlek training					