

Summative Assessment Planning Grid



Year 12 SPORT			
	Summative Assessment 1 (Data for Progress Point 1)	Summative Assessment 2 (Data for Progress Point 2)	Summative Assessment 3 (Data for Progress Point 3)
Assessed Knowledge <i>What is the declarative (essential) knowledge that will be tested in this assessment?</i>	<p>Unit 1 - Skeletal system Structure; Function; Joints; Responses to exercise; Adaptations to training; Additional factors</p> <p>Unit 2 - Positive lifestyle factors and their effects on health & well-being; Negative lifestyle factors and their effects on health & well-being; Lifestyle modification techniques</p> <p>Screening Processes; Health monitoring tests; Interpreting the results of health monitoring tests</p> <p>Unit 5 - Validity, Reliability, Practicality and suitability of fitness tests; Ethical issues associated with screening</p>	<p>Unit 1 – Muscular system; Characteristics of muscle types; Major muscles; Fibre types; Types of muscle contraction; Antagonistic pairs; Responses to exercise; Adaptations to training; Additional factors</p> <p>Respiratory – Structure; Function; Lung vols; Control of breathing; Responses to exercise; Adaptations to training; Additional factors</p> <p>Cardiovascular – Structure; Function; Cardiac cycle; Responses to exercise; Adaptations to training; Additional factors</p> <p>Unit 2 Nutritional needs. Common terminology; Components of a balanced diet; Nutritional strategies for training programmes</p> <p>Training methods Fitness components; Aerobic end, Musc strength, Musc end, Core stability, Flexibility, Speed, Agility, Balance, Power, Coordination, Reaction time training methods</p> <p>Unit 5 - Planning & admin of fitness tests; Fitness profile for a performer; Feedback</p>	<p>Unit 1 – Energy. Role of ATP; ATP-PC (a-lactic) system; Lactate system; Aerobic system; Adaptations to exercise; Additional factors</p> <p>Unit 2 - Principles of fitness training programme design; Periodisation</p> <p>Unit 3 - Scope and provision of the sports industry; Careers in the sports industry; Prof training routes, legislation, skills in sports industry; Sources of CPD; Personal skills audit; Planning personal development; Maintaining a personal portfolio</p>

Assessed Skills <i>What are the procedural skills that will be tested in this assessment?</i>	Apply; Explain; Analyse; Interpret; identify; Justify; Adapt	Analyse; Explain; Interpret; Identify; Apply; Recommend; Justify; Standardise; Follow protocols; Demo accurate timing, measuring, recording; Motivate participants; Maintain safety; Store data ethically; Compare; Evaluate	Apply; Analyse; Explain; Evaluate Interpret; Recommend; Justify; Research; Assess; Gather feedback
Method of Assessment	Unit 1 -Skeletal system end of unit written test Unit 2 – Lifestyle factors & Screening processes past paper qus test Unit 5 – Learning aim A & B	Unit 1 - Trial 1 examination Unit 2 – Trial 2 examination Unit 5 - Final assignment	Unit 1 - Energy systems end of unit written test Unit 2 – Methods of training past paper qus test UNIT 1 & 2 EXAMS – May Unit 3 – Learning aim A & B
Dates of Assessment	Mon 10 th - Fri 21 st November	Mon 2 nd March – Fri 6 th March	Mon 22 nd June – Fri 26 th June

Summative Assessment Planning Grid



Year 13 SPORT			
	Summative Assessment 1 (Data for Progress Point 1)	Summative Assessment 2 (Data for Progress Point 2)	Summative Assessment 3 (Data for Progress Point 3)
Assessed Knowledge <i>What is the declarative (essential) knowledge that will be tested in this assessment?</i>	Unit 22 Features & organisation; Aims & objectives of sport & leisure businesses; Provision of sports facilities, programmes & services; Customer groups; Job roles and person specifications ; Types of employment; HR management Unit 4 Different leadership roles; Skills, qualities, characteristics and application; Importance and effective use of skills, qualities and characteristics when leading	Unit 7 NGB rules in individual and team sport Roles % responsibilities of officials Technical & Tactical demands of individual and team sport Unit 4 Psychological factors; Leadership & psychological factors; Expectations of leadership; Practical skills required for different leadership styles; Leading a sport; Effectiveness and impact of leadership on sport Unit 23 Learning and performance; Characteristics and classification of skills; Characteristics and classification of abilities; Information processing models; Perception; Decision making and reaction time; Types of feedback	
Assessed Skills <i>What are the procedural skills that will be tested in this assessment?</i>		Unit 4 Select activities; Structure; Adapt plans; Demonstrate skills; Organise participants; Manage behaviour; Motivate; Use appropriate communication; Show confidence, enthusiasm & professionalism; Reflect on strengths & areas for improvement; Evaluate session	

		<p>Unit 23</p> <p>Classify and justify skills; Apply classifications to select coaching methods; Adapt drills; Assess abilities through observation / testing; Explain how abilities influence skill learning; Apply info processing stages to sport; Analyse how athletes take in info and respond</p>	
Method of Assessment	<p>Unit 22 - Trial 1 written exam</p> <p>Unit 4 – Learning Aim A</p>	<p>Unit 7 – Learning Aim A</p> <p>Unit 4 – Final assignment</p> <p>Unit 23 – Learning Aim A</p>	
Dates of Assessment	<p>Mon 10th Nov – Fri 14th Nov</p>	<p>Mon 2nd March – Fri 6th March</p>	