

ST MONICAS RC HIGH SCHOOL ASSESSMENT OVERVIEW 2023 - 2024

PE Year 7				
What?	How?	When?	Feedback	Reported home
What is the powerful knowledge that will be assessed?	What format will the assessment be?	At what point / date will the assessment take place?	In what format will feedback be given?	How will this be shared with parents at home?
Netball - passing, receiving, footwork, attacking, defending, knowledge of the rules	Practical Assessment Theoretical check on knowledge and understanding through MCQ on satchel one	End of activity block	Verbal School progress reports	Termly progress report in line with school assessment policy
Gymnastics - balances and travelling, core skills of forward rolls, backward rolls, cartwheels, handstands and headstands, sequences	Practical Assessment Theoretical check on knowledge and understanding through MCQ on satchel one	End of activity block	Verbal School progress reports	Termly progress report in line with school assessment policy
Dance - timing, use of formations, choreography, canon and unison	Practical Assessment Theoretical check on knowledge and understanding through MCQ on satchel one	End of activity block	Verbal School progress reports	Termly progress report in line with school assessment policy
Fitness - short term effects of exercise, key anatomical vocabulary: speed, cardiovascular fitness and muscular endurance	Practical Assessment Theoretical check on knowledge and understanding through MCQ on satchel one	End of activity block	Verbal School progress reports	Termly progress report in line with school assessment policy
Football - basic ball control, passing, turning, attacking and defending, knowledge of the rules	Practical Assessment Theoretical check on knowledge and understanding through MCQ on satchel one	End of activity block	Verbal School progress reports	Termly progress report in line with school assessment policy
OAA (orienteering)- knowledge of compass points and grid references, completing a basic orienteering course.	Practical Assessment Theoretical check on knowledge and understanding through MCQ on satchel one	End of activity block	Verbal School progress reports	Termly progress report in line with school assessment policy
Basketball - ball familiarisation, passing and receiving, dribbling and pivoting, attacking and defending, knowledge of rules	Practical Assessment Theoretical check on knowledge and understanding through MCQ on satchel one	End of activity block	Verbal School progress reports	Termly progress report in line with school assessment policy

Table Tennis - grip, serve, forehand and backhand push shot, attacking and defending concepts, knowledge of rules	Practical Assessment Theoretical check on knowledge and understanding through MCQ on satchel one	End of activity block	Verbal School progress reports	Termly progress report in line with school assessment policy
Athletics - technique on throwing and jumping events, introduction to sprint and middle-distance events	Practical Assessment Theoretical check on knowledge and understanding through MCQ on satchel one	End of activity block	Verbal School progress reports	Termly progress report in line with school assessment policy
Cricket - fielding skills, introduction to batting and bowling techniques, basic understanding of strategies and tactics to outwit opponents	Practical Assessment Theoretical check on knowledge and understanding through MCQ on satchel one	End of activity block	Verbal School progress reports	Termly progress report in line with school assessment policy
Rounders - fielding skills, introduction to batting and bowling techniques, basic understanding of strategies and tactics to outwit opponents	Practical Assessment Theoretical check on knowledge and understanding through MCQ on satchel one	End of activity block	Verbal School progress reports	Termly progress report in line with school assessment policy

*Pupils will complete a selection of these activities on a 6-week carousel

PE Year 8				
What?	How?	When?	Feedback	Reported home
What is the powerful knowledge that I will assess?	What format will the assessment be?	At what point / date will the assessment take place?	In what format will feedback be given?	How will this be shared with parents at home?
Netball - passing, receiving, footwork, attacking, defending, knowledge of the rules	Practical Assessment	End of activity block	Verbal School progress reports	Termly progress report in line with school assessment policy
Gymnastics - theme of flight, types of jumps, jumping on and off equipment, introduction to trampet and vaulting	Practical Assessment	End of activity block	Verbal School progress reports	Termly progress report in line with school assessment policy

Dance- timing, use of formations, choreography, group dance, canon and unison, levels	Practical Assessment	End of activity block	Verbal School progress reports	Termly progress report in line with school assessment policy
Trampolining- trampoline safety basic jumps and shapes, introduction to seat drop and front drops with basic twists and turns	Practical Assessment	End of activity block	Verbal School progress reports	Termly progress report in line with school assessment policy
Fitness- methods of training, key anatomical vocabulary: power, muscular strength and cardiovascular fitness	Practical Assessment	End of activity block	Verbal School progress reports	Termly progress report in line with school assessment policy
Football- ball control, dribbling, turning, attacking and defending, knowledge of the rules	Practical Assessment	End of activity block	Verbal School progress reports	Termly progress report in line with school assessment policy
Basketball- ball familiarisation, passing and receiving, dribbling and pivoting, attacking and defending, knowledge of rules	Practical Assessment	End of activity block	Verbal School progress reports	Termly progress report in line with school assessment policy
Table Tennis- recap grip and serve, forehand and backhand push shot, top spin drive, attacking and defending concepts, knowledge of rules	Practical Assessment	End of activity block	Verbal School progress reports	Termly progress report in line with school assessment policy
Athletics- technique on throwing and jumping events, sprint, relay and middle-distance events	Practical Assessment	End of activity block	Verbal School progress reports	Termly progress report in line with school assessment policy
Cricket- fielding skills, develop batting and bowling techniques, understanding of strategies and tactics to outwit opponents	Practical Assessment	End of activity block	Verbal School progress reports	Termly progress report in line with school assessment policy
Rounders- fielding skills, batting and bowling techniques, understanding of strategies and tactics to outwit opponents	Practical Assessment	End of activity block	Verbal School progress reports	Termly progress report in line with school assessment policy
Badminton- grip and ready position, serve, overhead/underarm clear, drop shot	Practical Assessment	End of activity block	Verbal School progress reports	Termly progress report in line with school assessment policy

*Pupils will complete a selection of these activities on a 6-week carousel

PE Year 9				
What?	How?	When?	Feedback	Reported home
What is the powerful knowledge that I will assess?	What format will the assessment be?	At what point / date will the assessment take place?	In what format will feedback be given?	How will this be shared with parents at home?
Netball - passing, receiving, footwork, attacking, defending, knowledge of the rules	Practical Assessment	End of activity block	Verbal School progress reports	Termly progress report in line with school assessment policy
Trampolining - trampoline safety basic jumps and shapes, introduction to seat drop and front drops with basic twists and turns	Practical Assessment	End of activity block	Verbal School progress reports	Termly progress report in line with school assessment policy
Fitness - principles of training, fitness tests, key anatomical vocabulary: components of fitness	Practical Assessment	End of activity block	Verbal School progress reports	Termly progress report in line with school assessment policy
Football - ball control, dribbling, turning, shooting and heading, attacking and defending, knowledge of the rules	Practical Assessment	End of activity block	Verbal School progress reports	Termly progress report in line with school assessment policy
Basketball - ball familiarisation, passing and receiving, dribbling and pivoting, attacking and defending, strategies and tactics knowledge of rules	Practical Assessment	End of activity block	Verbal School progress reports	Termly progress report in line with school assessment policy
Table Tennis - recap grip and serve, forehand and backhand push shot, backhand top spin drive, attacking and defending concepts, doubles tactics, knowledge of rules	Practical Assessment	End of activity block	Verbal School progress reports	Termly progress report in line with school assessment policy
Athletics - technique on throwing and jumping events, sprint, relay and middle-distance events, pacing and applying appropriate strategies	Practical Assessment	End of activity block	Verbal School progress reports	Termly progress report in line with school assessment policy
Cricket - fielding skills, develop batting and bowling techniques, understanding of strategies and tactics to outwit opponents	Practical Assessment	End of activity block	Verbal School progress reports	Termly progress report in line with school assessment policy
Rounders - fielding skills, batting and bowling techniques, understanding of strategies and tactics to outwit opponents	Practical Assessment	End of activity block	Verbal School progress reports	Termly progress report in line with school assessment policy
Badminton - grip and ready position, serve, overhead/underarm clear, drop shot, smash, attacking and defending concepts	Practical Assessment	End of activity block	Verbal School progress reports	Termly progress report in line with school assessment policy

*Pupils will complete a selection of these activities on a 6-week carousel

PE Year 10 GCSE				
What?	How?	When?	Feedback	Reported home
What is the powerful knowledge that I will assess?	What format will the assessment be?	At what point / date will the assessment take place?	In what format will feedback be given?	How will this be shared with parents at home?
Paper 1: 1.1 The structure and functions of the musculoskeletal system 1.2 The structure and functions of the cardiorespiratory system 1.3 Anaerobic and aerobic exercise Component 3 - Practical Assessment	Theoretical check on knowledge and understanding. End of topic assessments. Practical Assessment, in line with GCSE criteria. Mark awarded for skills in isolation and application of skill in competitive scenario.	Autumn Term	Verbal Written School progress report	Termly progress report in line with school assessment policy
1.4 The short- and long-term effects of exercise 2.1 Lever systems, examples of their use in activity and the mechanical advantage they provide in movement. 2.2 Planes and axes of movement Component 3 - Practical Assessment	Theoretical check on knowledge and understanding. End of topic assessments. Practical Assessment, in line with GCSE criteria. Mark awarded for skills in isolation and application of skill in competitive scenario.	Spring Term	Verbal Written School progress report	Termly progress report in line with school assessment policy
3.1 The relationship between health and fitness and the role that exercise plays in both. 3.2 The components of fitness, benefits for sport and how fitness is measured and improved. 3.3 The principles of training and their application to personal exercise/ training programmes Component 3 - Practical Assessment	Theoretical check on knowledge and understanding. End of topic assessments. Year 10 End of Year Exams Practical Assessment, in line with GCSE criteria. Mark awarded for skills in isolation and application of skill in competitive scenario.	Summer Term	Verbal Written School progress report	Termly progress report in line with school assessment policy

PE Year 11 GCSE				
What?	How?	When?	Feedback	Reported home
What is the powerful knowledge that I will assess?	What format will the assessment be?	At what point / date will the assessment take place?	In what format will feedback be given?	How will this be shared with parents at home?
3.4 The long-term effects of exercise 3.5 How to optimise training and prevent injury 3.6 Effective use of warm up and cool down Paper 2 : 1.1 Physical, emotional and social health, fitness and wellbeing 1.2 The consequences of a sedentary lifestyle Component 3 - Practical Assessment	Theoretical check on knowledge and understanding. End of topic assessments. PPE 1 Practical Assessment, in line with GCSE criteria. Mark awarded for skills in isolation and application of skill in competitive scenario.	Autumn Term	Verbal Written School progress report	Termly progress report in line with school assessment policy
1.3 Energy use, diet, nutrition and hydration 2.1 Classification of skills (basic/ complex, open/closed) 2.2 The use of goal setting and SMART targets to improve and/or optimise performance 2.3 Guidance and feedback on performance Component 3 - Practical Assessment	Theoretical check on knowledge and understanding. End of topic assessments. PPE2 Practical Assessment, in line with GCSE criteria. Mark awarded for skills in isolation and application of skill in competitive scenario.	Spring Term	Verbal Written School progress report	Termly progress report in line with school assessment policy
2.4 Mental preparation for performance 3.1 Engagement patterns of different social groups in physical activity and sport. 3.2 Commercialisation of physical activity and sport 3.3 Ethical and socio-cultural issues in physical activity and	Theoretical check on knowledge and understanding. End of topic assessments.	Summer Term	Verbal Written School progress report	Termly progress report in line with school assessment policy

Assessment Overview Template 2023 - 2024

Subject : PE BTEC Tech Award in Sport				
What?	How?	When?	Feedback	Reported home
What is the powerful knowledge that I will assess?	What format will the assessment be?	At what point / date will the assessment take place?	In what format will feedback be given?	How will this be shared with parents at home?
Component 1: Preparing Participants to Take Part in Sport & Physical Activity. A1 Types and providers of sport and physical activities A2 Types and needs of sport and physical activity participants A3 Barriers to participation in sport and physical activity for different types of participant. A4 Methods to address barriers to participation in sport and physical activity for different types of participant.	36 GLH Internally/ externally assessed Written assignments set by Pearson	February 2024	Verbal School progress reports BTEC level 1/ 2 Award Pass Merit Distinction	Termly progress report in line with school assessment policy
Learning outcome B: Examine equipment and technology required for participants to use when taking part in sport and physical activities. B1 Different types of sports clothing and equipment required for participation in sport and physical activities B2 Different types of technology and their benefits to improve sport and physical activity participation and performance B3 The limitations of using technology in sport and physical activity	36 GLH Internally/ externally assessed Written assignments set by Pearson	Feb 2024	Verbal School progress reports BTEC level 1/ 2 Award Pass Merit	Termly progress report in line with school assessment policy

			Distinction	
Learning outcome C: Be able to prepare participants to take part in physical activity. C1 Planning a warm-up C2 Adapting a warm-up for different categories of participants and different types of physical activities C3 Delivering a warm-up to prepare participants for physical activity	Practical Assessment/ video evidence 36 GLH Internally/ externally assessed Assignments set by Pearson	Feb 2024	BTEC level 1/ 2 Award Pass Merit Distinction	Termly progress report in line with school assessment policy
Component 2: Learning outcome A: Understand how different components of fitness are used in different physical activities. A1 Components of physical fitness A2 Components of skill-related fitness	Practical Assessment/ video evidence 36 GLH Internally/ externally assessed Assignments set by Pearson	Oct 2024	BTEC level 1/ 2 Award Pass Merit Distinction	Termly progress report in line with school assessment policy
Learning outcome B: Be able to participate in sport and understand the roles and responsibilities of officials. B1 Techniques, strategies and fitness required for different sports. B2 Officials in sport. B3 Rules and regulations in sport	Practical Assessment/ video evidence 36 GLH Internally/ externally assessed			Termly progress report in line with school assessment policy

	Assignments set by Pearson			
Learning outcome C: Demonstrate ways to improve participants sporting techniques. C1 Planning drills and conditioned practices to develop participants' sporting skills. C2 Drills to improve sporting performance.	Practical Assessment/ video evidence 36 GLH Internally/ externally assessed Assignments set by Pearson			Termly progress report in line with school assessment policy
Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity	Exam Paper	Summer 2025	Results Day 2025	Summer 2025
AO1 Demonstrate knowledge of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise AO2 Demonstrate an understanding of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise AO3 Apply an understanding of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise AO4 Make connections with concepts, facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise		Summer2025		Summer 2025

