

SUBJECT ASSESSMENT CALENDAR 2022-23: PE

W/B	T/T Week	TB Theme (Lead)	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
05 Sep	1	Warm-ups	Initial Assessment	TB 1	TB 1				
12 Sep	2		TB 1	TB 1	TB 1				
19 Sep	1		TB 1	TB 1	TB 1				
26 Sep	2		TB 1	TB 1	TB 1		(Y11 Mini Trials Assessment Week)		
03 Oct	1		TB 1	TB 1	TB 1				
10 Oct	2		CAT 1 (TB1 sports)	CAT 1 (TB1 sports)	CAT 1 (TB1 sports)		CAT 1 - T1 sports	CAT 1 – CV System / Skill & Practice / Pop & Rat Recreation	CAT 1 – Diet / Leadership & Group Success / Phys Act & Elite Perf
17 Oct	1		TB 2	TB 2	TB 2	CAT 1 – Participation and Performance (Topic 1) CAT 1 - T1 sports	Coursework Week 4 (P5)		
24 Oct									
31 Oct	2		TB 2	TB 2	TB 2				
07 Nov	1		TB 2	TB 2	TB 2		CAT 1 – Training (Topic 6)		
14 Nov	2		TB 2	TB 2	TB 2				
21 Nov	1		CAT 2 (TB2 sports)	CAT 2 (TB2 sports)	CAT 2 (TB2 sports)		Coursework Week 5 (P6)		
28 Nov	2		TB 3	TB 3	TB 3		CAT 2 T2 sports		
05 Dec	1		I/H Rugby	I/H Rugby	I/H Rugby 1		Y11 Exams Year 11 Mocks – Papers 1 & 2	CAT 2 – Respiratory/ Stages of Learning / Development FB, Ath, Ten	
12 Dec	2		I/H XC	I/H XC	I/H XC	CAT 2 – Physical Demands (Topic 2) CAT 2 - T2 sports		Y13 Exams CAT 2 - full paper 1 CAT 3 - full paper 2 (all topics to date)	
19 Dec									
26 Dec									
02 Jan	1		TB 3	TB 3	TB 3				
09 Jan	2		TB 3	TB 3	TB 3				
16 Jan	1		TB 3	TB 3	TB 3				
23 Jan	2		CAT 3 (TB3 sports)	CAT 3 (TB3 sports)	CAT 3 (TB3 sports)				
30 Jan	1		TB 4	TB 4	TB 4		CAT 2 – T7 Psychology	CAT 3 – Muscles / Info Processing / Commercial Sport, Media & Soc Terms	
06 Feb	2		TB 4	TB 4	TB 4	CAT 3 – Health (Topic 3) CAT 3 - T3 sports	Coursework Week 6 (P7)		
13 Feb									
20 Feb	1		TB 4	TB 4	TB 4		Coursework Final Review (P1-7)/Intervention	CAT – Final coursework deadline	
27 Feb	2		TB 4	TB 4	TB 4				
06 Mar	1		CAT 4 (TB4 sports)	CAT 4 (TB4 sports)	CAT 4 (TB4 sports)				
13 Mar	2		CAT 4 (TB4 sports)	CAT 4 (TB4 sports)	CAT 4 (TB4 sports)				
20 Mar	1		I/H Football	I/H Football	I/H Football	Y10 Exams Mock Exam – Topics 1-3 CAT 4 - T4 sports		CAT 4 – Biomechanics / Cohesion / Commercialisation	
27 Mar	2		I/H Football	I/H Football	I/H Football		Y12 Exams CAT 4 – Terms 1-4 full paper	CAT 5&6 – past paper 1&2 own time (due w/b 02 May)	
03 Apr									
10 Apr									
17 Apr	1		TB 5	TB 5	TB 5		CAT 3 – T8 Skeleton and Movement		
24 Apr	2		TB 5	TB 5	TB 5				
01 May	1		CAT 5 (TB5 sports)	CAT 5 (TB5 sports)	CAT 5 (TB5 sports)	CAT 4 – Components of Fitness (Topic 4)			
08 May	2		TB 5	TB 5	TB 5				
15 May	1		TB 5	TB 5	TB 5				
22 May	2		TB 6	TB 6	TB 6				
29 May									
05 Jun	1		CAT 6	CAT 6	CAT 6				
12 Jun	2		Y7-9 Exams I/H Cricket?	Y7-9 Exams	Y7-9 Exams	Y10 Work Experience		CAT 5 – Movement / Personality & Attitudes/ Barriers to Participation	
19 Jun	1		TB 6	TB 6	TB 6				
26 Jun	2		TB 6	TB 6	TB 6	CAT 6 – Deviance (Topic 5)			
03 Jul	1		TB 7	TB 7	TB 7	Coursework Week 1 (P1-2)			
10 Jul	*(2)		Flexyweek (residential?)	Flexyweek I/H Cricket?	Flexyweek I/H Cricket?	Flexyweek		Flexyweek	
17 Jul	1		TB 7 (sports day?)	TB 7 (sports day?)	TB 7 (sports day?)	Coursework Week 2 (P3-4)			
24 Jul									

Potential TB themes – warm-ups, cool downs, muscles, SR fitness, HR fitness, training methods, aerobic/anaerobic energy, JRC grid?

TEACHING BLOCK THEMES

Rationale

Each teaching block (TB) will have a theory-based theme that will be delivered throughout the block and applied to the sport undertaken. The purpose of this is two-fold:

1. To increase student awareness of theory-based elements
2. To support those who go on to take GCSE/A-level PE

Theme Leader

Each theme will be led by a different member of the dept, who will brief the rest of the dept. To maximise consistency, each dept member should follow the briefing instructions, as summarised in the grid below.

Visual Aids/Resources

Visual aids are important to support each theme, and these will be displayed in the PE changing rooms/working areas during each theme to improve student awareness. The dept leader is responsible for providing these visual aids.

Theme Outcomes

To ensure consistency, by the end of each TB each year group should (as a minimum) be able to do the following (top sets can be challenged more by accessing year above expectations):

TB	Theme	Lead	Year 7	Year 8	Year 9
1	Warm-ups	DME	<ul style="list-style-type: none"> • Name 4 stages of warm-up • Know the difference between ballistic and static stretches • Name a basic benefit of each stage 	<i>All Year 7 expectations, plus:</i> <ul style="list-style-type: none"> • Name more advanced benefits of each stage 	<i>All Year 8 expectations, plus:</i> <ul style="list-style-type: none"> • Plan and lead warm-ups to a group or class
2			•	•	•
3			•	•	•
4			•	•	•
5			•	•	•
6			•	•	•
7			•	•	•

