

PE and Sport Assessment Map

Year/Module	Skills assessed	Sports that skills are assessed on	Assessment Type
Year 7 Module 1 CONTROL	Head - Rules Strategies and Tactics	- Baseline testing of fundamental skills (ALL) - Table Tennis OR Rugby (BOYS) - Netball OR Dance (GIRLS)	BT results
	Heart - Healthy Participation		Observation of skills assessed
	Hands - Motor Competence		
Year 7 Module 2 CONTROL	Head - Rules Strategies and Tactics	- Rugby AND/OR Dance AND/OR Table Tennis (BOYS) - Dance AND/OR Gym AND/OR Netball (GIRLS)	Questioning
	Heart - Healthy Participation		Observation
	Hands - Motor Competence		Peer/self assessment
Year 7 Module 3 CONTROL	Head - Rules Strategies and Tactics	-Athletics AND Striking and Fielding (ALL)	Questioning
	Heart - Healthy Participation		Observation
	Hands - Motor Competence		Peer/self assessment
Year 8 Module 1 PRECISION	Head - Rules Strategies and Tactics	- Basketball AND Orienteering OR Handball AND Football (BOYS) - Orienteering AND Fitness OR NETBALL (GIRLS)	Questioning
	Heart - Healthy Participation		Observation
	Hands - Motor Competence		Peer/self assessment
Year 8 Module 2 PRECISION	Head - Rules Strategies and Tactics	- Football AND Handball OR Orienteering AND Basketball (BOYS) - Netball AND Dance OR Orienteering (GIRLS)	Questioning
	Heart - Healthy Participation		Observation
	Hands - Motor Competence		Peer/self assessment
Year 8 Module 3 PRECISION	Head - Rules Strategies and Tactics	-Athletics AND Striking and Fielding (ALL)	Questioning
	Heart - Healthy Participation		Observation
	Hands - Motor Competence		Peer/self assessment
Year 9 Module 1 FLUENCY	Head - Rules Strategies and Tactics	- Rugby AND Football OR Handball AND Badminton (BOYS) - Trampolining AND Fitness OR Volleyball AND Handball (GIRLS)	Questioning
	Heart - Healthy Participation		Observation
	Hands - Motor Competence		Peer/self assessment
Year 9 Module 2 FLUENCY	Head - Rules Strategies and Tactics	- Rugby AND Football OR Handball AND Badminton (BOYS) - Trampolining AND Fitness OR Volleyball AND Handball (GIRLS)	Questioning
	Heart - Healthy Participation		Observation
	Hands - Motor Competence		Peer/self assessment
Year 9 Module 3 FLUENCY	Head - Rules Strategies and Tactics	-Athletics AND Striking and Fielding (ALL)	Questioning
	Heart - Healthy Participation		Observation
	Hands - Motor Competence		Peer/self assessment

Year/Module	Modules Assessed	Learning Milestones Assessed	Assessment Type
Year 10 Module 1	Comp 1. Preparing participants to take part in sport and physical activity	A1. Types and providers of sport and physical activity A2. Types and needs of participants	KEY TASK 1
	Comp 1. Preparing participants to take part in sport and physical activity	A3. Barriers to participation A4. Methods of addressing barriers to participation	KEY TASK 2
	Comp 1. Preparing participants to take part in sport and physical activity	B1. Sports clothing and equipment required for participation B2. Technological benefits to sport	KEY TASK 3
Year 10 Module 2	Comp 1. Preparing participants to take part in sport and physical activity	B3. Limitations of technology C1. Planning a warm up	KEY TASK 1
	Comp 1. Preparing participants to take part in sport and physical activity	C2. Adapting a warm up C3. Delivering a warm up	KEY TASK 2
	Comp 1. Preparing participants to take part in sport and physical activity	Completion of coursework	Pearson Set Assignments
Year 10 Module 3	Comp 2. Taking part and improving others' sports performance.	A1. Components of physical fitness A2. Components of skill-related fitness	KEY TASK 1
	Comp 2. Taking part and improving others' sports performance.	B1. Techniques, strategies and fitness required for different sports B2. Officials in sports	KEY TASK 2
	Comp 2. Taking part and improving others' sports performance.	B3. Rules and regulations in sports C1. Planning drills and conditioned practices	KEY TASK 3
Year 11 Module 1	Comp 2. Taking part and improving others' sports performance.	C2. Drills to improve sports performance	KEY TASK 1
	Comp 2. Taking part and improving others' sports performance.	Completion of coursework	Pearson Set Assignments
	Comp 3. Developing fitness to improve performance in sport and physical activity	A1. Importance of fitness A2. Fitness training principles A3. Exercise intensity	KEY TASK 1
Year 11 Module 2	Compt 3. Developing fitness to improve performance in sport and physical activity	B1. Importance of fitness testing B2/3. Fitness test methods B4. Interpreting fitness results	KEY TASK 1
	Compt 3. Developing fitness to improve performance in sport and physical activity	C1. Importance of warm up and cool down C2/3. Methods of training C4. Advantages and disadvantages of training methods C5. Provision for taking part in training methods C6. Effects of training methods on the body	KEY TASK 2
	Compt 3. Developing fitness to improve performance in sport and physical activity	D1. Personal information to aid fitness training D2. Fitness programme design D3. Motivational techniques for programming	MOCK

Year 12 Unit 1 Module 1	A The effects of exercise and sports performance on the skeletal system	Structure of skeletal system Function of skeletal system Joints	Key Task 1
	A The effects of exercise and sports performance on the skeletal system	Responses of the skeletal system to a single sport or exercise session Adaptations of the skeletal system to exercise Additional factors affecting the skeletal system	Key Task 2
	B The effects of exercise and sports performance on the muscular system	Characteristics and functions of different types of muscles Major skeletal muscles of the muscular system Antagonistic muscle pairs	Mock

		Types of skeletal muscle contraction Fibre types	
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Year 12 Unit 1 Module 2	B The effects of exercise and sports performance on the muscular system	Responses of the muscular system to a single sport or exercise session Adaptations of the muscular system to exercise Additional factors affecting the muscular system	Key Task 3
	C The effects of exercise and sports performance on the respiratory system	Structure of the respiratory system Function Lung volumes Control of breathing	Key Task 4
	C The effects of exercise and sports performance on the respiratory system	Responses of the respiratory system to a single sport or exercise session Adaptations of the respiratory system to exercise Additional factors affecting the respiratory system	Mock

Year 12 Unit 1 Module 3	D The effects of sport and exercise performance on the cardiovascular system	Structure of the cardiovascular system Function of the cardiovascular system Nervous control of the cardiac cycle	Key Task 5
	D The effects of sport and exercise performance on the cardiovascular system	Responses of the cardiovascular system to a single sport or exercise session Adaptations of the cardiovascular system to exercise Additional factors affecting the cardiovascular system	Key Task 6
	E The effects of exercise and sports performance on the energy systems	The role of ATP in exercise The ATP-PC (alactic) system in exercise and sports performance The lactate system in exercise and sports performance The aerobic system in exercise and sports performance Adaptations of the energy system to exercise	Exam

Year 12 Unit 2 Module 1	Compt A-Positive Lifestyle factors	A1- Identify positive lifestyle factors and their effects on health and well being	Key Task 1
	Compt A- Negative Lifestyle factors	A1-Identify negative lifestyle factors and their effects on health and well being	Key Task 2
	Compt A-Lifestyle Modification strategies	A2- Apply knowledge and understanding of lifestyle	Mock

Year 12 Unit 2 Module 2	Compt B- Understanding the screening processes for training programming	A3-Analyse and interpret screening information relating to questionnaires and health monitoring tests.	Key Task 3
	Compt C- Understanding programme related nutritional needs	A4- Understand the key nutrients the body requires	Key Task 4
	Compt C-Components of a balanced diet	A4- Understand national strategies for individuals taking part in training programmes.	Mock/Exam

Year 12 Unit 2 Module 3	Compt D-Examine training methods for different components of fitness.	A5- Identify different components of fitness to be trained.	Key Task 5
	Compt D Training methods for skills related fitness	A5- Identify and understand different training methods for physical fitness-related components.	Key Task 6
	Compt E- Understand training programme design	A6- Understand periodisation in a training programme.	Exam

Year 13 Unit 3 Module 1	C: Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway.	P5 Prepare appropriate documentation for use in selection and recruitment activities. P6 Participate in the selection interviews and activities, as an interviewee. M4 In interviews and activities demonstrate analytical responses and questioning and activities to allow assessment of skills and knowledge.	Curriculum Vitae (CV) Application Form Letter of Application Interview (Video) Interview Task (Photographs)
	D: Reflect on the recruitment and selection process and your individual performance	P7. Review own performance in role in the interviewing activities, supported by an updated SWOT analysis. M5. Analyse the results of the process and how your skills development will contribute to your future success.	Reflective Report SWOT Analysis Action Plan
	C: Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway. D: Reflect on the recruitment and selection process and your individual performance	D2: Demonstrate individual responsibility and effective self-management during the recruitment activity. D3: Evaluate how well the documents prepared, and own performance in the interview activities supported the process for accessing the selected career pathway.	Reflective Report SWOT Analysis Action Plan Recruitment Guidance Presentation

Year 13 Unit 3 Module 2	B: Explore own skills using a skills audit to inform a career development action plan	M2: Analyse own personal skills audit outcomes against a selected career in the sports industry. P4: Develop a career development action plan; to meet the requirements of intended sports career using skills audit outcomes. M3: Develop a career development action plan that has specific relevance to the requirements of intended sports career and skills audit outcomes.	Personal Skills Audit (PSA) Career Action Plan (CAP) Career Development Action Plan (CDAP)
	A: Understand the career and job opportunities in the sports industry	P1: Explain the different career pathways, the associated job opportunities and their requirements in the sports industry. P2: Explain the development pathway into a selected career in the sports industry. P3: Explain how the selected sports industry career matches own personal skills audit outcomes.	Careers in Sport Assignment. <ul style="list-style-type: none"> • Career Pathways • SWOT analysis. • Strengths/PSA
	B: Explore own skills using a skills audit to inform a career development action plan	M1: Analyse the professional development requirements and opportunities for specialism or promotion in different career pathways and the associated job opportunities in the sports industry. D1: Justify how own skills audit outcomes, and development action plan, aligns to chosen career pathway based on a comprehensive knowledge and understanding of the career	Careers in Sport Assignment. <ul style="list-style-type: none"> • Professional Development Opportunities • Justification

Year 13 Unit 4 Module 1	A: Understand the roles, qualities and characteristics of an effective sports leader	P1: Discuss the skills, qualities and characteristics of three different leadership roles in different sport and exercise activities or environments. P2: Explain the importance of skills, qualities and characteristics in the leadership role in different sport and exercise activities or environments.	A written document focusing on different leadership roles which identifies, explains and justifies the qualities and characteristics required for each role when leading.
	A: Understand the roles, qualities and characteristics of an effective sports leader	M1: Analyse the importance of skills, qualities and characteristics in the leadership role in different sport and exercise activities or environments. D1: Evaluate the impact of skills, qualities, characteristics on sports leadership in different sport and exercise activities or environments.	
	B: Examine the importance of psychological factors and their link with effective leadership	P3: Discuss how key psychological factors may affect sports leadership within different sport and exercise activities or environments	A report focusing on the psychological factors that can affect leadership and the impact these can have on effective leadership

Year 13 Unit 4 Module 2	B: Examine the importance of psychological factors and their link with effective leadership	M2: Analyse key psychological factors that may affect sports leadership within different sport and exercise activities or environments. D2: Evaluate the impact of key psychological factors on sports leadership in different sport and exercise activities or environments	A report focusing on the psychological factors that can affect leadership and the impact these can have on effective leadership
	C: Explore an effective leadership style when leading a team during sport and exercise activities	P4: Demonstrate a chosen leadership style, using appropriate skills when leading a team during a sport and exercise activity. P5: Review the impact of own leadership style on the performance of the team during the sport and exercise activity.	Evidence that demonstrates own performance in the practical application of leadership style in a range of sporting roles. <ul style="list-style-type: none"> Plan and deliver a sports festival Managing a team Session plan and review
	C: Explore an effective leadership style when leading a team during sport and exercise activities	M3: Demonstrate a chosen leadership style, using effective skills when leading a team during a sport and exercise activity. M4: Analyse your chosen leadership style and the impact of it on team performance, considering own strengths and areas of weakness. D3: Justify your leadership style and its impact on team performance, suggesting alternative leadership styles that could be used to improve team performance.	