

Assessment Calendar

Please note that this assessment calendar and the listed assessment dates are indicative and may be subject to change in order to accommodate operational requirements.

Week	Term	Year 7	Year 8	Year 9	Year 10 Vcort Health and Fitness	Year 10 Sport and Coaching Principles	Year 11 Vcort Health and Fitness	Year 11 Sport and Coaching Principles
1	Autumn 1	Baseline Assessment Cardio-respiratory fitness Speed and agility Attacking and defending in an invasion game	Baseline Assessment Cardio-respiratory fitness Speed and agility Attacking and defending in an invasion game	Baseline Assessment Cardio-respiratory fitness Speed and agility Attacking and defending in an invasion game				
2							Expanded Focused Assessment Year 10 CA 1-6	
3		Adaptive/Targeting Programme All students complete a PCS based on a variety of individual sports, invasion and net games Groups rotate through the PCS every 4 weeks (8 hours of learning) Order of rotation based on allocation of facilities Focuses on Skill Development and Rules	Adaptive/Targeting Programme All students complete a PCS based on a variety of individual sports, invasion and net games Groups rotate through the PCS every 4 weeks (8 hours of learning) Order of rotation based on allocation of facilities Focuses on Skill Refinement and Coaching	Adaptive/Targeting Programme All students complete a PCS based on a variety of individual sports, invasion and net games Groups rotate through the PCS every 4 weeks (8 hours of learning) Order of rotation based on allocation of facilities Focuses on Skill Refinement and Officiating				NEA UJ Coaching Principles Task 3 Final Practical Coaching Session
4								NEA UJ Coaching Principles Improvements
5					Focused Assessment CA1 Skeletal System			
6		Focused Assessment Activity 1	Focused Assessment Activity 1	Focused Assessment Activity 1		Focused Assessment UJ Factors Affecting	Focused Assessment CA7 Lifestyle Factors & Analysis Tools	
7								
8								
OCTOBER HALF TERM								
9	Autumn 2				Focused Assessment CA1 Muscular System	Focused Assessment UJ Psychological Factors Affecting		
10		Focused Assessment Activity 2	Focused Assessment Activity 2	Focused Assessment Activity 2				Mocks
11						Focused Assessment CA8 Training Programmes & Session Structure		Mocks
12								Mocks: Practicals
13					Focused Assessment CA1 Respiratory and Cardiovascular Systems			
14								
15		Focused Assessment Activity 3	Focused Assessment Activity 3	Focused Assessment Activity 3				Monitoring Reports
CHRISTMAS HOLIDAY								
16	Spring 1				Focused Assessment CA1 Energy Systems		NEA Synoptic Project	
17				Curriculum Parents' Evening	Monitoring Reports			Focused Assessment UJ Topic 1
18								Curriculum Parents' Evening
19		Focused Assessment Activity 4	Focused Assessment Activity 4	Focused Assessment Activity 4	Focused Assessment CA 2 Effects of Exercise			
20						NEA Preparation and Planning Unit 2 Improving Sporting Performance		
21		Monitoring Reports	Monitoring Reports	Monitoring Reports				Focused Assessment UJ Topic 2
FEBRUARY HALF TERM								
22	Spring 2				Focused Assessment CA3 Health and Fitness	NEA UJ Improving Sporting Performance	NEA Synoptic Project	
23		Focused Assessment Activity 5	Focused Assessment Activity 5	Focused Assessment Activity 5				Examination Online Paper Mock
24					Focused Assessment CA4 Principles of Training			
25					Mocks			
26		Focused Assessment Activity 6	Focused Assessment Activity 6	Focused Assessment Activity 6	Mocks			Monitoring Reports
EASTER HOLIDAY								
27	Summer 1	Summer Programme All students complete a PCS based on a variety of athletic disciplines, invasion & striking games Groups rotate through the PCS every 4 weeks (8 hours of learning) Order of rotation based on allocation of facilities/equipment Focuses on Skill Development and Rules	Summer Programme All students complete a PCS based on a variety of athletic disciplines, invasion & striking games Groups rotate through the PCS every 4 weeks (8 hours of learning) Order of rotation based on allocation of facilities/equipment Focuses on Skill Refinement and Coaching	Summer Programme All students complete a PCS based on a variety of athletic disciplines, invasion & striking games Groups rotate through the PCS every 4 weeks (8 hours of learning) Order of rotation based on allocation of facilities/equipment Focuses on Skill Refinement and Officiating	Mocks: Practicals			Focused Assessment UJ Topic 3
28		Curriculum Parents' Evening					External Examinations	External Examinations
29					Focused Assessment CA5 Training Methods		External Examinations	External Examinations
30		Focused Assessment Activity 7	Focused Assessment Activity 7	Focused Assessment Activity 7	Monitoring Reports		External Examinations	External Examinations
31							External Examinations	External Examinations
32					Curriculum Parents' Evening		External Examinations	External Examinations
MAY HALF TERM								
33	Summer 2		Curriculum Parents' Evening				External Examinations	External Examinations
34		Focused Assessment Activity 8	Focused Assessment Activity 8	Focused Assessment Activity 8			External Examinations	External Examinations
35							External Examinations	External Examinations
36							External Examinations	External Examinations
37						NEA Unit 3 Coaching Principles Practical Coaching Task 3 Practice and Preparation		
38		Focused Assessment Activity 9	Focused Assessment Activity 9	Focused Assessment Activity 9	Focused Assessment Fitness Testing		External Examinations	External Examinations
39		Monitoring Reports	Monitoring Reports	Monitoring Reports	Monitoring Reports	Monitoring Reports	Monitoring Reports	

Key
Monitoring Reports
Focused Assessment (FA)
Expanded Focused Assessment (EFA)
Mock (EFA KS4)
Peer/Self Assessment (FA)
External Examinations
NEA Period
Curriculum Parents' Evening

KS3 PE Activities
Students complete units of work which include all or most of the following activities across KS3
Athletics, Badminton, Basketball, Cricket, Dance, Fitness, Football, Learning, Chess/Checkers, Rounders, Rugby, Softball, Swimming, Volleyball, Waterpolo
Year 7 students learn new skills and develop existing skills in a full range of sports with a focus on performance.
Year 8 students continue to learn new skills and develop existing skills alongside coaching others to improve their performance.
Year 9 students continue to learn new skills and develop existing skills to improve their performance alongside officiating and developing tactics within a range of sports and activities.