

Assessment objectives & Key skills	Year 9 Content overview Paper 1 & 2	Year 10 Content overview Paper 1 & 2	Year 11 Content overview Paper 1 & 2
AO1 Demonstrate knowledge and understanding	<p>Health, fitness and well-being- sedentary lifestyles, somatotypes, obesity, energy use. Seasonal training, altitude training, components of fitness, principles of training.</p> <p>Assessment: End of unit tests, using AQA questions, marked against approved mark schemes. Multiple choice questions, objective test questions.</p>	<p>Anatomy and physiology- body systems, joints, effects of exercise. Sports Psychology-GOAL setting, SMART targets, information processing, skill and ability. Use of data- statistical analysis</p> <p>Assessment: End of unit tests, using AQA questions, marked against approved mark schemes. Multiple choice questions, objective test questions.</p> <p>*Students also begin to study similar topics in other areas of the curriculum. E.g. gaseous exchange in biology.</p>	<p>Sports Psychology-arousal theory, stress management, aggression, personality types. Socio-cultural influences- media, sponsorship, hooliganism Applied anatomy and physiology- CV system, respiratory system Movement analysis- lever systems</p> <p>Assessment: End of unit tests, using AQA questions, marked against approved mark schemes. Multiple choice questions, objective test questions.</p>
AO2 Apply knowledge and understanding	<p>Health, fitness and well-being Physical training</p> <p>Assessment: End of unit tests, using AQA questions, marked against approved mark schemes. Short answer questions.</p>	<p>Anatomy and physiology Sports Psychology Use of data</p> <p>Assessment: End of unit tests, using AQA questions, marked against approved mark schemes. Short answer questions.</p>	<p>Sports Psychology Socio-cultural influences Applied anatomy and physiology Movement analysis</p> <p>Assessment: End of unit tests, using AQA questions, marked against approved mark schemes. Short answer questions.</p>
AO3 Analyse and evaluate	<p>Health, fitness and well-being Physical training</p> <p>Assessment: End of unit tests, using AQA questions, marked against approved mark schemes. Extended answer questions- 4,5, 6 marks.</p>	<p>Anatomy and physiology Sports Psychology Use of data</p> <p>Assessment: End of unit tests, using AQA questions, marked against approved mark schemes. Extended answer questions- 6+ marks</p>	<p>Sports Psychology Socio-cultural influences Applied anatomy and physiology Movement analysis</p> <p>Assessment: End of unit tests, using AQA questions, marked against approved mark schemes. Extended answer questions- 6+ marks</p>
<p>Non-examined assessment (NEA)</p> <p>AO4 Demonstrate and apply relevant skills and techniques. Analyse and evaluate performance</p>	<p>DEVELOP SKILLS</p> <p>Perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas.</p> <p>* All activities are selected from the approved activity list</p>	<p>REFINE SKILLS</p> <p>Perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas.</p> <p>Develop their ability to analyse and evaluate to improve performance in physical activity and sport. Linked to written analysis and evaluation.</p>	<p>DEMONSTRATE AND PERFORM SKILLS</p> <p>Perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas.</p> <p>Develop their ability to analyse and evaluate to improve performance in physical activity and sport. Linked to written analysis and evaluation. Linked to moderation preparation.</p>
Other aims and outcomes	<p>Students should be encouraged to:</p> <ul style="list-style-type: none"> • be inspired, motivated and challenged, and enable them to make informed decisions about further learning opportunities and career pathways • understand the contribution which physical activity and sport make to health, fitness and well-being • demonstrate the characteristics and values that are associated with sportsmanship and sporting etiquette • develop communication, analytical, problem solving and team-work skills 		
Command words	<p>Analyse Apply Calculate Compare Complete Consider Define Describe Discuss Evaluate Explain Identify Illustrate Interpret Justify Outline Suggest State</p>		

Team activities			Individual activities		
Association football	Badminton	Basketball	Amateur boxing	Athletics	Badminton
Camogie	Cricket	Dance	Canoeing	Cycling	Dance
Gaelic football	Handball	Hockey	Diving	Golf	Gymnastics
Hurling	Lacrosse	Netball	Equestrian	Kayaking	Rock climbing
Rowing	Rugby League	Rugby Union	Rowing	Sculling	Skiing
Squash	Table tennis	Tennis	Snowboarding	Squash	Swimming
Volleyball			Table tennis	Tennis	Trampolining
Specialist team activities			Specialist individual activities		
Blind cricket	Goal ball	Powerchair football	Boccia	Polybat	
Table cricket	Wheelchair basketball	Wheelchair rugby			