

Assessment point 1: PE & DANCE

Year 7

Assessment information

You will complete an assessment in lesson time that will test your knowledge and understanding on the sports you are studying this term. You will answer 25 multiple choice questions on skills, techniques, tactics and rules used in each sporting activity. Your teacher will mark your assessment and give feedback. You will be given 45 minutes to complete the assessment.

Assessment topics to revise

The importance of warming up
The components of a warm up
The importance of cooling down
The components of a cool down
Boys: skills, techniques, tactics and rules used in football and rugby
Girls: skills, techniques, tactics and rules used in netball and badminton

Year 8

Assessment information

You will complete an assessment in lesson time that will test your knowledge and understanding on the sports you are currently studying this term, as well as a number of sports you have already had experience in playing. You will answer 50 multiple choice questions on skills, techniques, tactics and rules used in each sporting activity. Your teacher will mark your assessment and give feedback. You will be given 45 minutes to complete the assessment.

Assessment topics to revise

The importance of warming up
The components of a warm up
The importance of cooling down
The components of a cool down
Boys: skills, techniques, tactics and rules used in football, rugby, badminton, fitness, basketball, handball
Girls: skills, techniques, tactics and rules used in netball, badminton, football, fitness, rounders

Year 9

Assessment information

You will complete an assessment in lesson time that will test your knowledge and understanding on the sports you are currently studying this term, as well as a number of sports you have already had experience in playing. You will answer 50 multiple choice questions on skills, techniques, tactics and rules used in each sporting activity. Your teacher will mark your assessment and give feedback. You will be given 45 minutes to complete the assessment.

Assessment topics to revise

The importance of warming up
The components of a warm up
The importance of cooling down
The components of a cool down
Boys: skills, techniques, tactics and rules used in football, rugby, badminton, fitness, basketball, handball
Girls: skills, techniques, tactics and rules used in netball, badminton, football, fitness, rounders

Year 10

Assessment information

Health & Fitness
You will complete an assessment in lesson time that will test your knowledge and understanding on the content areas you have been studying. This means that everything you have learned so far could be on the assessment. Your teacher will mark your

Assessment topics to revise

Skeletal system
Muscular system
Respiratory system

<p>assessment and provide feedback. You will be given 50 minutes to complete the assessment</p> <p><u>BTEC Dance</u> You will complete a mock assessment based on Component 2. You will be asked to reproduce and replicate a well-known choreography that you have been learning in lessons. The routine that you perform will need to last for at least 1 minute</p>	<p><u>Choreographies that you can choose to replicate:</u> <u>Single ladies - beyonce</u> <u>Don't cha - pussycat dolls</u> <u>Black and gold – Fame</u> <u>Counting stars – Kyle Hanagami</u> <u>Hit me baby one more time – Britney spears</u></p>
Year 11	
Assessment information	Assessment topics to revise
<p><u>Health and Fitness</u> You will complete a mock exam, aimed at testing your knowledge and understanding of the 8 content areas you have been studying so far. This means that everything you have learned so far could be on the assessment. You will have 90 minutes to complete the assessment which will be completed under exam controlled conditions. Your teacher will mark the assessment and give you individual feedback.</p> <p><u>BTEC Dance</u> You will complete a mock exam in lesson time based on your knowledge and understanding of Component 1. You will select one professional work that you have been studying and produce either a written document or PowerPoint explaining the key features, influences and purpose of the work. The assessment will be completed under exam controlled conditions</p>	<p><u>Body systems</u> <u>Effects of health and fitness</u> <u>Components of health and fitness</u> <u>Principles of training</u> <u>Testing components of fitness</u> <u>Impact of lifestyle</u> <u>Analysis and goal setting</u> <u>Structure of a health and fitness programme</u></p> <p><u>Counting stars by Kyle Hanagami</u> <u>Rosas by Anne Teresa De Keersmaeker</u> <u>Westside Story by Jerome Robbins</u> <u>Key features of each work i.e. style, theme, stimulus, ADSR, costume, lighting and set</u> <u>Key influences of the work i.e. past choreographers, social issues, topical issues of that era</u> <u>Purpose and intent of the work i.e. is it to educate, inform, entertain, raise awareness?</u></p>