

Assessment point 2: 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 have been studying this term, as well as any sporting activities you studied last term. 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, basketball, badminton and handball
Girls: skills, techniques, tactics and rules used in netball, badminton, football, dance and handball

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, as well as any other sporting activities you have participated in. 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, dance and handball

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, dance and handball

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 topics to revise

Skeletal system
Muscular system
Respiratory system
Cardiovascular
Energy systems
Effects of health and fitness (Unit 2)

<p>assessment. Your teacher will mark your 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 2 minutes</p>	<p><u>Choreographies that you can choose to replicate:</u> <u>Hideaway</u> <u>Rosas</u> <u>Single ladies - beyonce</u> <u>Black and gold – Fame</u> <u>Counting stars – Kyle Hanagami</u> <u>Hit me baby one more time – Britney spears</u></p>
<p>Year 11</p>	
<p>Assessment information</p> <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 the first draft/notes of your ideas log for Component 3. The ideas log is activity 1 of Component 3 and will need to consist of 800 words. There is a maximum of 15 marks available for your ideas log and you should spend 1 hour completing the ideas log under supervised conditions.</p>	<p>Assessment topics to revise</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>Your ideas log should include the following:</p> <ul style="list-style-type: none"> • <u>The concept and style of performance</u> • <u>Your choice of target audience</u> • <u>The resources needed during the development and performance</u> • <u>How the ideas meet the requirements of the brief</u> • <u>How the work of practitioners has influenced your ideas</u> • <u>Ideas you have contributed</u> • <u>How you explored ideas</u>