

Throughout the academic year students will be assessed in a range of common tasks. These tasks will be standardised across the department and assessment levels will be given to each student. Have a look at the common assessed tasks below:

COMMON TASKS IN PE 2016-17

1. Dance/Gymnastics/Trampolining standardisation will take place during the January department meeting.
2. Netball/Hockey standardisation will take place during the April department meeting.
3. Rounders/Tennis standardisation will take place during the June department meeting.

YEAR 7

GYMNASTICS

In small groups explore and create a short rhythmic gymnastics sequence. Groups should consider basic gymnastic principles such as locomotion, balance, levels and extension.

DANCE

In small groups choreograph and perform a short routine in the style of the Charleston, using a range of basic choreographic principles to develop movement.

NETBALL

In a small-sided version of netball (4 v 4, 5 v 5, or endball) pupils should maintain possession of the ball while adhering to the basic rules of the game (obstruction, footwork, contact, footwork rule).

YEAR 8

NETBALL

In a full-sided version of the game pupils plan for effective team play, applying basic tactics and strategies. Pupils work in groups to maintain possession of the ball while adhering to the basic rules of the game (obstruction, footwork, contact, footwork rule).

GYMNASTICS

In small groups explore and create a short sports acrobatics gymnastics sequence with a minimum of 5 contact balances. Groups should consider key gymnastic principles such as locomotion, unison/canon, lifts, floor patterns, levels and extension.

DANCE

In small groups choreograph and perform a short routine in the style of Bollywood, using a range of key choreographic principles such as basic formations, timing, levels and gesture.

YEAR Y9

NETBALL

In a full-sided version of the game pupils plan for effective team play, applying more advanced tactics and strategies. Pupils work in groups to design and implement set plays. They put them into operation, analyse their effectiveness, and adapt them as needed.

DANCE

In groups choreograph and perform a dance routine in the style of Jazz (with props), using a range of choreographic principles to develop movement. Consider musicality, more complex formations and gesture throughout the piece to enhance performance quality.

ROUNDERS

As a small group, pupils organise, prepare and take part in a rounders competition. Groups make a plan of action which develops skills, tactics and fitness to prepare fully for the competition. They put into operation, analyse their effectiveness, and adapt them as needed.

TRAMPOLINING

To perform a 10 bounce routine that accurately replicates basic trampolining moves. Pupils should focus on performing the routine using good form.

YEAR 12

AS PE THEORY

Working in pairs, pupils have to research, plan and deliver a 10 minute presentation on sport in America or Australia. To support this, they also have to produce a one-sided A4 hand-out with a summary of the key points of the presentation. They will concentrate on the characteristics of the country, the nature of the sport in the country and the rules and origins of American Football and Australian Rules Football. They will be assessed on the content, delivery and creativity of their presentation.

AS PE PRACTICAL

Pupils will analyse a performer in their chosen sport and identify 3 main strengths and weaknesses (one skill, one tactic & fitness component). They will then prioritise a main weakness and design a practice/drill to improve the weakness.