



Saint John Wall Catholic School
A Catholic School For All

What evidence will be used to decide my grade?

Leavers 2021



#Move on up

'To educate each and every unique child in our care to hear and respond to what God calls
them to be'



AIM OF BOOKLET

The aim of this booklet is to give you an overview of how each subject area will be using the coming weeks to gather further evidence using teacher assessments to inform your final qualification grade.

How to use this booklet:

Use the booklet to check what assessments or evidence you will need to complete. There is guidance to state what these topic areas might be and also the format of the assessment or evidence.

Ensuring work is your own:

It is crucial that the work that you produce is your own work. If the work is not your own it can result in work being discounted and may affect all your qualifications.

Storing evidence:

Ensure that you keep all work safe. Your teachers will keep most of the evidence in school but it is also important that you keep all notes and material that you are provided with as additional evidence.

Access Arrangements:

Access arrangements will be available for all pupils that require them. When you are completing work that could be used as evidence you will be given the opportunity to use these.

GCSE OCR Art

How will your teacher collect evidence for your grade?

Your grade will be based on the quality of your portfolio of Art work. Your teacher will consider your observational drawings, experiments and a final piece if you have completed one. A final piece is not required, the quality of the work that you have produced is more important rather than the quantity.

What might I be asked to do?

Complete all aspects agreed with your teacher, using your personal checklist. You will complete these in class and can come back after school and lunchtime as agreed with your teacher.

What topics might this evidence cover?

A portfolio of practical work showing your personal response to either a centre- or learner-set starting point, brief, scenario or stimulus.

What skills/knowledge will I need to show?

AO1 Develop ideas through investigations, demonstrating critical understanding of sources.

AO2 Refine work by exploring ideas, selecting and experimenting with appropriate media, materials, techniques and processes.

AO3 Record ideas, observations and insights relevant to intentions as work progresses.

AO4 Present a personal and meaningful response that realises intentions and demonstrates understanding of visual language.

What question type might I be asked to answer?

There is no written assessment, just your artwork portfolio.

BTEC Pearson Level 2 Tech Award in Enterprise (Business)

How will your teacher collect evidence for your grade?

Your grade will be based on your Component 2 LAA coursework assignment, the 'Comprehensive Business Plan'. We will also look at the work/grades for Component 1 and Component 3 claimed last year. There will also be some exam theory assessments taking place to allow us to judge if we can raise the exam grade banked in Year 10.

What might I be asked to do?

Complete all sections of the LAA outline word document you have been using to date and using the feedback provided by your teacher. You will complete these in class, at home were required and can come back after school were organised with staff.

What topics might this evidence cover?

Component 2: Planning for an Enterprise Activity

- LAA Explore ideas and plan for a micro-enterprise activity

Component 3: Promotion and Finance for Enterprise

- A1 Elements of the promotional mix and their purposes
- A2 Targeting and segmenting the market
- A3 Factors influencing the choice of promotional methods

What skills/knowledge will I need to show?

AO1 - Demonstrate knowledge and understanding of elements of promotion and financial records

AO2 - Interpret and use promotional information in relation to a given enterprise

AO3 - Make connections between different factors influencing a given enterprise

AO4 - Be able to advise and provide recommendations to a given enterprise on ways to improve its performance

What question type might I be asked to answer?

Component 2 LAA is all assignment work using the digital workbook you have already been using. Component 3 assessments will be theory-based exam style questions that range from 2 to 6 marks using the commands words such as state, describe, explain on a given business scenario.

OCR Cambridge National Award in Child Development

How will your teacher collect evidence for your grade?

RO19 was banked last year. You will be completing your coursework for RO20. For RO18 (the external exam) you will have assessments in the gym. You will be told by your teachers before completing any assessment if it will count towards your evidence. This will be done in advance of the lesson or assessment. Past mock papers may also be used to supplement evidence for your overall grade.

What might I be asked to do?

Complete all sections of your coursework and complete exam questions from past papers.

What topics might this evidence cover?

Development of a child from birth to five years, feeding solutions, reproduction, responsibilities of parenthood, antenatal care, childhood illnesses.

What skills/knowledge will I need to show?

Learning Outcome 1: Understand reproduction and the roles and responsibilities of parenthood

Learning Outcome 2: Understand antenatal care and preparation for birth

Learning Outcome 3: Understand postnatal checks, postnatal provision and conditions for development

Learning Outcome 4: Understand how to recognise, manage and prevent childhood illnesses

Learning Outcome 5: Know about child safety

What question type might I be asked to answer?

Scenario type questions that require you to plan, fact based questions to demonstrate knowledge of factors effecting childhood and parenting.

BTEC Pearson Level 2 Tech Award in Engineering

How will your teacher collect evidence for your grade?

Component 1 was banked last year. You will complete your coursework for Component 2 for Learning aim A and Learning aim B. You will complete assessments based on Component 3 Responding to an Engineering Brief.

What might I be asked to do?

Complete all sections of your coursework and complete an assessment based on past set tasks to interpret a brief.

What topics might this evidence cover?

Testing, collecting and analysing data, reflection on your findings, consider any issues, and suggest solutions.

What skills/knowledge will I need to show?

LAA Understand materials, components and processes for a given engineered product

LAB Investigate a given engineered product using disassembly techniques

AO1 Understand how to respond to an engineering brief

AO2 Select skills and techniques in response to an engineering brief

AO3 Apply skills and techniques in response to an engineering brief

AO4 Evaluate and review the outcomes of the application of skills and techniques in response to an engineering brief

What question type might I be asked to answer?

There will be a set task with two parts: practical supervised assessment and written assessment based on the practical task.

GCSE Eduqas-WJEC in English Literature

How will your teacher collect evidence for your grade?

Assessments in the gym, questions completed in high level controlled, timed conditions that are of exam type questions in classrooms. You will be told by your teachers before completing any work/assessment if it will count towards your evidence. This will be done in advance of the lesson or assessment.

What might I be asked to do?

Exam questions set from the texts studied during the course. These will reflect past paper style questions.

What topics might this evidence cover?

An Inspector Calls, MacBeth and A Christmas Carol.

What skills/knowledge will I need to show?

AO1 - Knowledge and understanding of the three texts (events and character).

AO2 – Select and explore features of language used by the writers studied.

AO3- Knowledge of the context of when the text was written (A Christmas Carol only).

AO4 - SPAG

What question type might I be asked to answer?

Extract based questions with a focus on a theme or character which incorporates knowledge of the extract and the wider text.

GCSE AQA English Language

How will your teacher collect evidence for your grade?

Assessments in the gym, questions completed in high level controlled, timed conditions that are of exam type questions in classrooms. You will be told by your teachers before completing any work/assessment if it will count towards your evidence. This will be done in advance of the lesson or assessment.

What might I be asked to do?

Exam questions set which are taken from both Language papers and reflect the Assessment Objectives for the course.

What topics might this evidence cover?

A variety of fiction and non-fiction extracts which are the sources related to specific Language papers.

What skills/knowledge will I need to show?

- AO1: identify and interpret explicit and implicit information and ideas, select and synthesise evidence from different texts
- AO2: Explain, comment on and analyse how writers use language and structure to achieve effects and influence readers, using relevant subject terminology to support their views
- AO3: Compare writers' ideas and perspectives, as well as how these are conveyed, across two or more texts
- AO4: Evaluate texts critically and support this with appropriate textual references
- AO5: Communicate clearly, effectively and imaginatively, selecting and adapting tone, style and register for different forms, purposes and audiences. Organise information and ideas, using structural and grammatical features to support coherence and cohesion of texts.
- AO6: Use a range of vocabulary and sentence structures for clarity, purpose and effect, with accurate spelling and punctuation.

What question type might I be asked to answer?

AO1: List four things you learn about...

Summarise the similarities/differences in sources A and B...

AO2: How does the writer use language...

AO3: Compare the writers' perspectives about...

AO4: To what extent do you agree...

AO5/AO6: Write a letter/article/speech, write a description as suggested by...

GCSE AQA French

How will your teacher collect evidence for your grade?

Questions completed in high level controlled, timed conditions that are of exam type questions in classrooms and through assessments in the gym. You will be told by your teachers before completing any work/assessment if it will count towards your evidence. This will be done in advance of the lesson or assessment.

What might I be asked to do?

Exam questions set from the specification studied during the course. These will reflect past paper style questions or assessment materials provided by the exam board.

What topics might this evidence cover?

Theme 1 – Identity and culture: Me, my family and friends / Technology in everyday life / Free-time activities / Customs and festivals

Theme 2 – Local, national, international and global areas of interest: Home, town, neighbourhood and region / Social issues / Global issues / Travel and tourism

Theme 3 – Current and future study and employment: My studies, life at school and college / Education post-16, jobs career choices and ambitions

What skills/knowledge will I need to show?

A wide range of vocabulary and structures, good knowledge of French grammar, the ability to use at least 3 verb tenses (past, present, future), expressing opinions and justifying them, asking questions and answering questions spontaneously, developing an answer, communicating clearly and conveying key information.

What question type might I be asked to answer?

	Foundation	Higher
Writing	Photo description, 40-word writing, translation, and 90-word writing	90-word writing, 150-word writing and translation.
Reading	Answering questions in English, in French, and translating a short passage either in French or English.	
Listening	Answering questions in English and in French.	
Speaking	General conversation, presentation and/or photocard question.	

GCSE AQA syllabus A in Geography

How will your teacher collect evidence for your grade?

Human and Physical Geography exam question practice during lesson time or in catch-up revision sessions. Timed exam questions from previous years exams combined with a practice assessment in the gym. You will be told before completing any exam practice if it will count towards your evidence. This will be done in advance of the lesson or assessment.

What might I be asked to do?

Exam questions set from the specification studied during the course. These will reflect past paper style questions.

What topics might this evidence cover?

Paper 1 (Physical Geography- The Challenge of Natural Hazards, The Living World and Physical Landscapes in the UK “Rivers and Coasts”)

Paper 2 (Human Geography- Urban Issues & Challenges and The Changing Economic World).

What skills/knowledge will I need to show?

Knowledge: The Challenge of Natural Hazards, The Living World, Physical Landscapes in the UK “Rivers and Coasts, Urban Issues & Challenges and The Changing Economic World

Skills: AO1: Demonstrate knowledge of locations, places, processes, environments and different scales.

AO2: Demonstrate geographical understanding of: concepts and how they are used in relation to places, environments and processes; the interrelationships between places.

AO3: Apply knowledge and understanding to interpret, analyse and evaluate geographical information and issues to make judgements.

AO4: Select, adapt and use a variety of skills and techniques to investigate questions and issues.

What question type might I be asked to answer?

A range of exam questions, ranging from 1-9 marks, covering a variety of skills and knowledge. There will be a focus on a variety of command words, for example: describe, explain, to what extent, compare and justify.

GCSE Pearson-Edexcel History

How will your teacher collect evidence for your grade?

Questions completed in high level controlled, timed conditions that are of exam type questions in classrooms. You will be told by your teachers before completing any work/assessment if it will count towards your evidence. This will be done in advance of the lesson or assessment.

What might I be asked to do?

Exam questions set from the specification studied during the course. These will reflect past paper style questions.

What topics might this evidence cover?

- Crime and punishment in Britain, c1000–present and Whitechapel, c1870–c1900: crime, policing and the inner city.
- Early Elizabethan England, 1558–88.
- Weimar and Nazi Germany, 1918–39

What skills/knowledge will I need to show?

AO1: Knowledge and understanding of the key features and characteristics of the periods studied.

AO2: Explain and analyse historical events and periods studied using concepts such as consequence, similarity, difference, change, continuity and significance.

AO3: Analyse, evaluate and use sources to make judgements, in the context of historical events studied.

AO4: Analyse, evaluate and make substantiated judgements about interpretations (including how and why interpretations may differ) in the context of historical events studied.

What question type might I be asked to answer?

Different styles of question that cover knowledge, understanding and key historical skills such as:

describe features of, how do I follow up a source, how useful is the evidence, similarities and differences from the past, explain why, how far do you agree, describe features of and, what can I infer.

BTEC Pearson Level 2 First Award in Health and Social Care

How will your teacher collect evidence for your grade?

Component 1 is banked from last year and you have completed Component 2 this year. For Component 3 (the external exam) you will have assessments in the gym. You will be told by your teachers before completing any assessment if it will count towards your evidence. This will be done in advance of the lesson or assessment. Past mock papers may also be used to supplement evidence for your overall grade.

What might I be asked to do?

Exam questions from past papers.

What topics might this evidence cover?

Exam questions based on health and wellbeing, factors affecting health and wellbeing, physiological indicators, lifestyle indicators, health and wellbeing improvement plans and obstacles to implementing plans.

What skills/knowledge will I need to show?

AO1 Demonstrate knowledge and understanding of factors that affect health and wellbeing

AO2 Interpret health indicators

AO3 Design a person-centred health and wellbeing improvement plan

AO4 Demonstrate knowledge and understanding of how to overcome obstacles relating to health and wellbeing improvement plans

What question type might I be asked to answer?

Scenario type questions where you will need to show knowledge and understanding of planning and the effects of quality health and wellbeing care.

Vocational Award Eduqas-WJEC Hospitality and Catering

How will your teacher collect evidence for your grade?

Unit 2 consists of your Flip Flop Resort coursework and practical cooking assessment. For Unit 1 (the external exam) you will have assessments in the gym. You will be told by your teachers before completing any assessment if it will count towards your evidence. This will be done in advance of the lesson or assessment. Past mock papers may also be used to supplement evidence for your overall grade.

What might I be asked to do?

Complete all sections of your coursework, prepare and cook one chosen dish and exam questions from past papers.

What topics might this evidence cover?

Exam questions based on health and wellbeing, factors affecting health and wellbeing, physiological indicators, lifestyle indicators, health and wellbeing improvement plans and obstacles to implementing plans.

What skills/knowledge will I need to show?

LO1 Understand the environment in which hospitality and catering providers operate

LO2 Understand how hospitality and catering provisions operate

LO3 Understand how hospitality and catering provision meets health and safety requirements

LO4 Know how food can cause ill health

LO5 Be able to propose a hospitality and catering provision to meet specific requirements

What question type might I be asked to answer?

Scenario type questions where you will need to show knowledge and understanding of a range of hospitality options, detailing the pros and cons. Fact based short answer questions considering health and safety aspects, kitchen organisation, operations and job roles.

OCR Cambridge National Award in Creative iMedia

How will your teacher collect evidence for your grade?

Your grade will be based on the quality of the coursework you produce for two project units. R085 the website unit and R082 the digital graphics unit. There will also be some exam style assessments for R081 – Pre-production Skills (the external exam) which will be completed in the gym.

What might I be asked to do?

Complete all LO1(research) and LO2(planning) sections for both the website unit and digital graphics using the digital PLC documents. You will complete these in class, at home were required and can come back after school were organised with staff.

What topics might this evidence cover?

R082 – Digital Graphics

- LO1 research digital graphics
- LO2 plan to create a digital graphic (album cover)

R085 – Website Development

- LO1 research webpages
- LO2 plan to create a multipage website

R081 - Pre-production Skills (Exam)

- Mind maps
- Mood board
- Visualisation Diagram
- Storyboard

What skills/knowledge will I need to show?

Learning Outcome 1: Understand the purpose and content of pre-production

Learning Outcome 2: Be able to plan pre-production

Learning Outcome 3: Be able to produce pre-production documents

Learning Outcome 4: Be able to review pre-production documents

What question type might I be asked to answer?

R082 and R0845 is all assignment work done digitally and saved on your OneDrive.

R081 assessments will be theory-based exam style questions that range from 2 to 12 marks using the commands words such as state, describe, explain and evaluate on a given media scenario.

GCSE Pearson-Edexcel Mathematics

How will your teacher collect evidence for your grade?

There will be formal assessments in both the classroom and in the gym, in timed conditions using exam style questions. Evidence will also be used from any previous assessments and classwork which shows that you are able to complete Maths at a certain level. You will be told by your teachers before completing assessment if it will count towards your evidence.

What might I be asked to do?

Complete exam style questions set from past papers and from new assessment materials.

What topics might this evidence cover?

Questions on all topics that you have been taught in Number, FDPRP (Fractions, Decimals, Percentages, Ratio and proportion), Algebra, Geometry, Statistics and Probability. These will include exam style questions which test several topics in the same questions.

What skills/knowledge will I need to show?

AO1 – Use and apply standard technique:

- accurately recall facts, terminology and definitions
- use and interpret notation correctly
- accurately carry out routine procedures or set tasks requiring multi-step solutions.

AO2 – Reason, interpret and communicate mathematically:

- make deductions, inferences and draw conclusions from mathematical information
- construct chains of reasoning to achieve a given result
- interpret and communicate information accurately
- present arguments and proofs
- assess the validity of an argument and critically evaluate a given way of presenting information.

AO3- Solve problems within mathematics and in other contexts:

- translate problems in mathematical or nonmathematical contexts into a process or a series of mathematical processes
- make and use connections between different parts of mathematics
- interpret results in the context of the given problem
- evaluate methods used and results obtained
- evaluate solutions to identify how they may have been affected by assumptions made.

What question type might I be asked to answer?

Mixed exam style questions.

BTEC Pearson Level 2 First Award in Music

How will your teacher collect evidence for your grade?

Unit 1 and 2 are banked from last year. Unit 3 is no longer required to be formally assessed, but you will be taught the topic. For Unit 5 your coursework and recorded performance will be used.

What might I be asked to do?

Complete all coursework required, rehearse for your performance and perform your piece whilst being recorded in front of your teacher.

What topics might this evidence cover?

Your chosen musical piece.

What skills/knowledge will I need to show?

Organisation, instrument specific skills, independent work, self-assessment, target setting and meeting deadlines.

Learning aim A: Develop your music performance skills and review your own practice.

Learning Aim B: Use your music performance skills within rehearsal and performance.

What question type might I be asked to answer?

There is no exam style written assessment just your coursework and performance recording.

GCSE and A level AQA Panjabi

How will your teacher collect evidence for your grade?

Your teacher will let you know each time when you will be completing the work that will count for the grade. A collection of past exam papers and exam type questions, completed in high level controlled, timed conditions in classrooms will be used as evidence.

What might I be asked to do?

Complete the past exam papers and exam style questions, all reflecting the knowledge gained during the course of studying.

What topics might this evidence cover?

GCSE: Theme 1 - Identity and culture

Theme 2 - Local, national, international and global areas of interest

Theme 3 - Current and future study and employment

A level: Theme 1 - Aspects of Panjabi-speaking society: past and current trends

Theme 2 - Aspects of Panjabi-speaking society: past and current issues

Theme 3 - Artistic culture in the Panjabi-speaking world past and present

Theme 4 - Aspects of political life in the Panjabi-speaking world past and present

What skills/knowledge will I need to show?

GCSE: use of Panjabi in listening, reading and writing

A level: reading and writing skills

What question type might I be asked to answer?

All types of questions are based on or taken from past exams questions.

BTEC Pearson Level 2 First Award in Performing Arts - Acting

How will your teacher collect evidence for your grade?

Component 1 and 3 are banked from last year. For component 2 video recordings of milestone assessment and your final performance will be used. You will be told in advance of when your final performance will be.

What might I be asked to do?

Complete recorded rehearsals and perform your monologue to the camera in front of your teacher.

What topics might this evidence cover?

Your chosen monologue.

What skills/knowledge will I need to show?

Learning aim B: Apply skills and techniques in rehearsal and performance

What question type might I be asked to answer?

There is no written assessment just your practical recordings.

GCSE OCR Physical Education

How will your teacher collect evidence for your grade?

Assessments in the gym, questions completed in high level controlled, timed conditions that are of exam type questions in classrooms. You will be told by your teachers before completing any work/assessment if it will count towards your evidence. This will be done in advance of the lesson or assessment.

What might I be asked to do?

Exam questions set from the topics we have covered in lessons. These could be in the form of previous papers or papers set by the exam board.

What topics might this evidence cover?

Topics will range from Anatomy & Physiology, Physical Training, Socio-Cultural Influences, Psychology in Sport and Fitness & Nutrition.

What skills/knowledge will I need to show?

AO1 - Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.

AO2 - Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.

AO3 - Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.

What question type might I be asked to answer?

Questions will vary from 'identifying' scenarios to using practical examples to support your answers. Extended answer responses will also be included to demonstrate your ability to analyse and evaluate.

GCSE and A Level AQA Polish

How will your teacher collect evidence for your grade?

Assessments in the gym, questions completed in high level controlled, timed conditions.

What might I be asked to do?

Exam questions set based on the course resources. Past papers to be completed.

What topics might this evidence cover?

GCSE Polish:

Topic 1: Identity and Culture

Topic 2: Local, National, International and global areas of interest

Topic 3: Current and future study and employment

Topic 4: Work and Education

Topic 5: Advantages and disadvantages of different jobs

Topic 6: Me, my family and friends-marriage and partnership

Topic 7: Home and Environment

Topic 8: Holiday: plans, preferences and experience

A-level Polish:

1. Social issues and trends
2. Political and artistic culture
3. Grammar

What skills/knowledge will I need to show?

GCSE Polish:

You will need to understand and provide information and opinions about the topics/themes relating to your own life experiences. You will need to understand spoken language and standard speech across a range of different areas. You will need to show an understanding of grammar.

A-level Polish:

You will be expected to understand aspects of Polish-speaking society: past and current trends and issues. You will be assessed on understanding artistic culture and political life in the Polish-speaking world past and present. Polish grammar and an individual research project.

What question type might I be asked to answer?

Listening, Reading, Writing and Translation.

GCSE Eduqas-WJEC Route B in RE

How will your teacher collect evidence for your grade?

Your teachers will be collecting evidence from your blue assessment book. They will collect a score for your best A type, one B, one C and one D. Your result from your Judaism mock back in November will also be used. Your teachers will then record your scores from the two exams that will take place over the next few months. The scores for the three exams listed above will be added together to give you a working at grade (what level you are working at now). Your teacher will then be able to calculate your teacher assessed grade using all this evidence.

What might I be asked to do?

You will be asked to complete additional exam questions in your blue assessment book. You will be asked to sit two exams in timed exam conditions, one in the classroom and one in the gym. You will be given time in lessons and at home to prepare for these exams and revision will focus on the topics you are to be tested on. All questions used on exam papers will come from past papers.

What topics might this evidence cover?

The topics we have chosen to cover for your evidence are:

- Origins & Meanings (Component 1)
- Sin & Forgiveness (Component 2)
- Judaism (Component 3)

These three areas will provide evidence from the three different papers.

What skills/knowledge will I need to show?

You will need to demonstrate your ability to define, describe, explain and discuss key teachings in RE. One of the most important things to remember is KFCS and how you can structure that into your answers.

What question type might I be asked to answer?

You will be asked to complete A, B, C & D questions to make sure we cover all skill areas.

GCSE Pearson-Edexcel Combined Science

How will your teacher collect evidence for your grade?

Evidence from mock exams taken in controlled conditions in the gym, weekly mini tests and past paper questions completed in controlled, timed conditions in classrooms. You will be told by your teachers before completing any work/assessments if it will count towards your evidence. This will be done in advance of the lesson or assessment.

What might I be asked to do?

Complete exam questions from past papers or assessment material supplied by the exam board on topics studied during the course. These may be given to you as a full paper, part paper or individual question.

What topics might this evidence cover?

Biology Paper 1 & 2, Chemistry Paper 1 & 2, Physics Paper 1 & 2

What skills/knowledge will I need to show?

AO1 Demonstrate knowledge and understanding of:

- scientific ideas
- scientific techniques and procedures

AO2 Apply knowledge and understanding of:

- scientific ideas
- scientific enquiry, techniques and procedures

AO3 Analyse information and ideas to:

- interpret and evaluate • make judgements and draw conclusions
- develop and improve experimental procedures

What question type might I be asked to answer?

You will complete a range of question types;

- Multichoice
- Scaffolded sentence completion/line matching
- Structured
- Extended open response
- Data and analysis

BTEC Pearson Level 2 First Award in Sport

How will your teacher collect evidence for your grade?

Evidence collated through coursework under controlled conditions. Your coursework must demonstrate the grade you are aiming to achieve. For example, if you are working towards a Merit, all Merit tasks for that Learning Aim should be completed.

What might I be asked to do?

Submit specific parts of the Unit which will be shared by your teacher.

What topics might this evidence cover?

Unit 3 – Applying the Principles of Personal Training.

Learning Aim A - Design a personal fitness training programme.

Learning Aim B - Know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training.

What skills/knowledge will I need to show?

Learning Aim A –

2A.P1 - Independently design a safe six-week personal fitness training programme to meet an activity/sport goal taking into consideration personal information.

2A.M1 - Design a safe six-week personal fitness training programme to meet an activity/sport goal which meets the needs of the individual, showing creativity in the design.

A.D1 - Justify the training programme design, explaining links to personal information.

Learning Aim B –

2B.P2 - Describe the structure and function of the musculoskeletal and cardiorespiratory systems.

2B.P3 - Summarise the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme.

2B.M2 - Explain the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme.

What question type might I be asked to answer?

Your assessment will consist of Pass, Merit and Distinction tasks that vary in the amount of detail your work requires: Pass – Describe, Merit – Explain, Distinction – Analyse.

See your teacher with support around the various grade boundaries



#Move on up
**“Every day counts in
large amounts”**