

Two Year Termly Overview				
Year	Term	Focus Area	Activities/Content	Assessment/Outcomes
1	Autumn	Introduction & Skills Baseline	Introduction to course, safety, rules, and skills in chosen activities (select 2 activities)	Baseline practical skills check
	Spring	Practical Performance (2 activities)	Practice and develop skills in Activity 1 & Activity 2	Internal practical assessment preparation
	Summer	Practical Performance (2 activities)	Practice and develop skills in Activity 3 & Activity 4	Internal practical assessment preparation
			Start introduction to Analysing Performance: observing skills, feedback methods	Observation notes and simple reflections
2	Autumn	Practical Performance Review	Refine skills in all 4 activities, focusing on weaknesses	Internal practical assessments
	Spring	Analysing Performance	Plan and complete Analysing Performance tasks, including self and peer evaluation	Complete written/filmed analysis tasks
	Summer	Moderation Preparation	Final practical performance submissions and moderation preparation	Submit evidence, complete moderation process
			Course review, feedback, and extension activities	Final certification and feedback

Notes

- Activities: Choose from the OCR-approved list (e.g., gymnastics, hockey, sailing, etc.).
- Analysing Performance: Can be started in Year 1 with observations and feedback and completed in Year 2 with formal assessments.
- Assessment: Practical assessments done internally, then externally moderated.

Two Year Weekly Overview				
Year	Term	Weeks	Focus Area	Details / Activities
1	Autumn	Weeks 1-2	Course Introduction & Baseline	Explain qualification structure, assess starting points in individual/team activities.
1	Autumn	Weeks 3-6	Activity 1 – Individual Activity (e.g. Athletics, Gymnastics)	Teach skills (AO1), assess first individual practical.
1	Autumn	Weeks 7-10	Activity 2 – Team Activity (e.g. Football, Netball)	Focus on team skills and tactics (AO2), assess performance.
1	Autumn	Weeks 11-12	Introduction to Analysing Performance	Teach structure of analysing task, practise with peer/filmed performance.
1	Spring	Weeks 13-15	Analysing Performance – Drafting	Students complete analysis (verbal or written), give feedback.
1	Spring	Weeks 16-17	Reflection & Moderation Preparation	Collate evidence, review work, prepare for moderation (video, marks, etc.).
1 or 2	Summer (Y1) / Autumn (Y2) depending on the school calendar	Weeks 1-4	Activity 3 – Student Choice Activity	Teach and assess another team or individual activity.
2	Autumn	Weeks 5-8	Activity 4 – Performer or Leader Option	Perform or lead an activity, assess skills and/or leadership.
2	Autumn	Weeks 9-10	Final Analysing Performance Submission	Complete final analysis, respond to feedback, submit final version.
2	Spring	Weeks 11-12	Moderation Organization	Arrange moderation (postal/digital/visit), ensure admin is complete.

2	Spring	Weeks 13-15	Evidence Submission	Submit marks and evidence (by 15 May deadline).
2	Summer	Weeks 16-18	Review & Remediation	Review feedback from moderation, address any student issues or performance gaps.