

Year 10		Curriculum Checkpoints: What do students know and what can they do?		
Physical Education Cambridge National	Developing	Securing	Flourishing	Excelling
Unit R184: Contemporary Issues in Sport (Exam)	Limited ability to recall knowledge and show understanding of Sport Studies concepts. Limited application of knowledge and understanding of Sport Studies concepts. Limited analysis and evaluation of knowledge, understanding and performance.	Satisfactory ability to recall knowledge and show understanding of Sport Studies concepts. Some application of knowledge and understanding of Sport Studies concepts. Some analysis and evaluation of knowledge, understanding and performance.	Good ability to recall knowledge and show understanding of Sport Studies concepts. Good application of knowledge and understanding of Sport Studies concepts. Adequate analysis and evaluation of knowledge, understanding and performance.	Consistent ability to recall knowledge and show understanding of Sport Studies concepts. Excellent application of knowledge and understanding of Sport Studies concepts. Comprehensive analysis and evaluation of knowledge, understanding and performance.
Unit R185: Performance and leadership in sports activities	Limited application of skill. Limited accuracy and fluency within performance. Maintenance of performance is inconsistent. Limited awareness of role within a sport practical. Limited explanations of strengths and written/ verbal weaknesses. Basic plans to improve performance with a lack of flexibility to identify factors to improve. Is dependent on assistance.	Satisfactory application of skill. Passable accuracy and fluency within performance. Maintenance of performance is tolerable. Satisfactory awareness of role within sport practical. Satisfactory explanations of strengths/ weaknesses. Satisfactory plans to improve performance with some flexibility. Can occasionally work without assistance.	Sound application of skill. Adequate accuracy and fluency within performance. Maintenance of performance is sound. Good awareness of role within sport practical. Good explanations of strengths/ weaknesses. Adequate plans to improve performance with a sound ability to be flexible. Can predominantly work without assistance.	Consistent application of skills. Consistent accuracy and fluency within performance. Maintenance of performance is consistent and confident. Clear and well-developed awareness of role within sport practical. Comprehensive description of strengths and weaknesses with in-depth analysis and justification. Comprehensively considers plans to improve performance. Confident and independent with no further assistance.
Unit R186: Sport and the media	Demonstrates a basic understanding of media sources with limited links. Limited examples and basic evaluation. Basic knowledge of media impacts.	Demonstrates some understanding of media sources with satisfactory links. Some examples and acceptable evaluation. Satisfactory knowledge of media impacts.	Demonstrates a good understanding of media sources with adequate links. Good examples and sound evaluation. Good knowledge of media impacts.	Comprehensive understanding of media sources with several linked examples. Detailed examples with a comprehensive evaluation. Detailed analysis of media impacts.