

V Cert Health and Fitness Curriculum Overview

Year 10

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic(s)	The Skeletal System	The Muscular System and Components of Fitness	The Respiratory and Cardiovascular System	Effects of exercise on the body's different systems and the principles of training	Planning and evaluating a training programme	Planning and evaluating a training programme
Topic Objectives	In this learning outcome, learners will develop knowledge and understanding of the structure and function of different systems in the body and how they apply to health and fitness.	In this learning outcome, learners will develop knowledge and understanding of the structure and function of different systems in the body and how they apply to health and fitness as well as develop knowledge and understanding of the terms health and fitness, the components of fitness and how they apply to health and fitness activities.	In this learning outcome, learners will develop knowledge and understanding of the structure and function of different systems in the body and how they apply to health and fitness.	In this learning outcome, learners will develop knowledge and understanding about the short- and long term effects of health and fitness activities on the body as well as develop knowledge and understanding of the principles of training and be able to apply these to health and fitness activities.	In this learning outcome, learners will develop knowledge and understanding about how to plan and run a fitness programme to improve their chosen area of fitness and how to complete a number of fitness tests.	In this learning outcome, learners will develop knowledge and understanding about how to plan and run a fitness programme to improve their chosen area of fitness.
Acquired Knowledge/ Skills	• Structure of the skeleton • Functions of the skeleton • Types of bones • Types of joints	• Types of muscle • Structure of the muscular system • Muscle movements and contractions	• Structure of the respiratory system • Functions of the respiratory system	• Short term effects of health and fitness activities • Long term effects of health and fitness activities	• Pre tests • Structure of a health and fitness programme • Session card	• Analysing results • Areas of strength • Areas of weakness • How would you adapt the

	- Joint actions - Structure of a synovial joint (Knee) - Structure of the spine and posture	- Muscle fibre types - Health and fitness - Components of fitness	- Lung Volumes - Structure and function of blood vessels - Structure of the heart	- Principles of training - Principles of FITT	- PARQ questionnaire - Lifestyle questionnaire - Training method (circuit) - Completing the programme - Recording results - Post tests	programme if you did it again and why Application of the principles of training
Assessments	End of topic test Homework Quizzes	End of topics test Homework Quizzes	End of topics test Homework Quizzes	External Exam (first attempt) 40% of final grade	Project Homework Quizzes	Project Homework Quizzes
Other Links (e.g. SMSC, FBV, Greener Curriculum)	Performing enhancing drugs Discussions centred around sporting issues and pupils given chance to share opinions on cultural and ethical news Greener curriculum: Use of technology in sport to promote greener environment	Discrimination within sport is always discussed and the curriculum is set where all genders are given equal rights and opportunities in sport Greener curriculum: Use of technology in sport to promote greener environment Use of role models in sport to discuss climate change and impact sport can have on this	Discrimination within sport is always discussed and the curriculum is set where all genders are given equal rights and opportunities in sport Greener curriculum: Use of technology in sport to promote greener environment	Alternative provision is given alongside sport to aid progression of pupils with additional needs.		

V Cert Health and Fitness Curriculum Overview

Year 11

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1
Topic(s)	Preparing and planning for a health and fitness programme	Preparing and planning for a health and fitness programme	Preparing and planning for a health and fitness programme	Preparing and planning for a health and fitness programme	
Topic Objectives	This unit provides learners with the knowledge and understanding to be able to prepare and plan for health and fitness. Learners will know and understand the impact of lifestyle on health and fitness.	Learners will be able to apply health and fitness analyses to set goals. Learners will know and understand how to test and develop components of fitness. Learners will know and understand how to structure a health and fitness programme and how to prepare safely for health and fitness activities.	Synoptic project (controlled assessment)	Synoptic project (controlled assessment) - Exam attempt 2	Re-submission of controlled assessment
Acquired Knowledge/ Skills	- Lifestyle factors - Activity levels - Diet and Nutrition - Other factors (drugs, smoking, alcohol and stress) - Training methods	- HR training zones - Repetitions and sets - Health and fitness analysis tools - Goal setting	Application of knowledge to the synoptic project	- Application of knowledge to the synoptic project - Exam revision	Application of knowledge to the synoptic project
Assessments	End of topic test Homework Quizzes	End of topics test Homework Quizzes	Synoptic project	Synoptic project External exam (second attempt) 40% of final grade	

Other Links (e.g. SMSC, FBV, Greener Curriculum)	Performing enhancing drugs Discussions centred around sporting issues and pupils given chance to share opinions on cultural and ethical news Greener curriculum: Use of technology in sport to promote greener environment	Discrimination within sport is always discussed and the curriculum is set where all genders are given equal rights and opportunities in sport Greener curriculum: Use of technology in sport to promote greener environment Use of role models in sport to discuss climate change and impact sport can have on this	Discrimination within sport is always discussed and the curriculum is set where all genders are given equal rights and opportunities in sport Greener curriculum: Use of technology in sport to promote greener environment	Alternative provision is given alongside sport to aid progression of pupils with additional needs.
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