


Year: 10 Subject: V-Cert Health and Fitness Level 1/2	Curriculum Intent: Students will develop a firm understanding of the key knowledge required with the Health and Fitness qualification. Students will continue to build on the key knowledge and understanding that was developed in Year 9 and the subject's curriculum focus will primarily be on preparing the students for their external assessment which will take place during Term 2 of this year. Once the external assessment has been completed focus will shift on to building the students key knowledge and understanding that will then enable them to complete the statutory synoptic assessment in Year 11. Year 10 aims to develop independent and knowledge-based learners who are able to apply the key knowledge to real-world sporting examples, and demonstrate this key knowledge may impact on the health, well-being and fitness of a potential athlete.					
	Term 1 Unit 1 Base Knowledge		Term 2 Unit 1 Retrieval & Unit 2 Base Knowledge		Term 3 Unit 2 Base Knowledge	
Topic Titles (in order of delivery)	1. Effects of health and fitness activities on the body 2. Health and Fitness and the components of fitness	1. Health and Fitness and the components of fitness 2. Principles of training	1. Body systems and how they apply to health and fitness 2. Understand the effects of health and fitness activities 3. Understand health and fitness and the components of fitness	1. Understand health and fitness and the components of fitness 2. Training methods	1. Training methods 2. The structure of a health and fitness programme	1. The structure of a health and fitness programme 2. Preparing and planning for a health and fitness programme
Key knowledge / Retrieval topics	Short-term effects of health and fitness activities on the body Long-term effects of health and fitness activities on the body What is health and fitness	Components of health-related fitness Components of skill-related fitness Principles of training Principles of FITT	Skeletal system Muscular system Respiratory system Cardiovascular system Energy Systems Effects of health and fitness activities	What is health and fitness Components of health-related fitness Components of skill-related fitness Principles of training Principles of FITT	Training methods, heart-rate training zones, repetitions and sets Structure of a health and fitness programme	Health and safety within a training programme Components of health-related and skill-related fitness Lifestyle Factors Health fitness analysis tools Goal setting

				Training methods, heart-rate training zones, repetitions and sets		
Understanding / Sequence of delivery	<ol style="list-style-type: none"> 1. Short-term effects of health and fitness activities 2. Long-term effects of health and fitness activities 3. Body composition 4. Health and Fitness 	<ol style="list-style-type: none"> 1. Health-related components of fitness 2. Skill-related components of fitness 3. Principles of training 4. Principles of FITT 	<ol style="list-style-type: none"> 1. Skeletal system 2. Muscular system 3. Respiratory system 4. Cardiovascular system 5. Energy Systems 6. Effects of health and fitness activities 	<ol style="list-style-type: none"> 1. Health and Fitness 2. Components of fitness 3. Principles of training 4. Interval Training 5. Circuit Training 6. Fartlek Training 	<ol style="list-style-type: none"> 1. Continuous Training 2. Resistance and body weight training 3. Cross Training 4. The structure of a health and fitness programme 5. Warm up / cool down 6. Main activity section 	<ol style="list-style-type: none"> 1. Health and safety 2. Introduction of synoptic scenario 3. Introduction to Synoptic Task 1 4. Completion of Synoptic Task 1 5. Introduction to Synoptic Task 2 6. Completion of Synoptic Task 2