


<b>Year: 11</b> <b>Subject: V-Cert</b> <b>Health and</b> <b>Fitness Level</b> <b>1/2</b>	<b>Curriculum Intent:</b> Year 11 Health and Fitness is the final year in this three-year course. The year will start with the focus on UNIT 1, reviewing the knowledge for the last time in preparation for the final opportunity to sit the UNIT 1 exam in November. Following the exam, the rest of the year is used to complete the UNIT 2 synoptic project. This project is a form of assessment which requires a candidate to demonstrate that they can identify and use effectively, in an integrated way an appropriate selection of skills, techniques, concepts, theories and knowledge from across the whole vocational area, which are relevant to key tasks.					
	<b>Term 1</b> <b>Unit 1 Resit</b>		<b>Term 2</b> <b>Unit 2</b>		<b>Term 3</b> <b>Unit 2</b>	
<b>Topic Titles (in order of delivery)</b>			1. Synoptic Project first attempt	1. Synoptic Project first attempt	2. Synoptic Project second attempt	
<b>Key knowledge / Retrieval topics</b>			AO1 – Recall knowledge and show understanding. AO2 – Apply knowledge and understanding.	AO3 – Analyse and evaluate knowledge and understanding. AO4 – Demonstrate and apply technical skills and processes. AO5 – Manage and evaluate the project.	AO1, AO2, AO3, AO4 and AO5.	
<b>Understanding / Sequence of delivery</b>			1. Task 1 (demonstrate understanding of two components of fitness, apply two principles of training and explain how the components of fitness could be improved using FITT and methods of training).	1. Task 3 (Explore different ways components of fitness can be tested. Test, record results and assess the data). 2. Task 4 (Design a health and fitness programme, record progress and make changes where	1. Resubmit the project with corrections.	

			<p>2. Task 2 (create, administer and analyse a lifestyle questionnaire and PAR-Q, set SMART goals for your client)</p>	<p>necessary. Re-test, record and assess the client's components of fitness. Draw conclusions of the programme).</p> <p>3. Task 5 (Self-evaluation of the learner throughout the project).</p>		
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