


Year: 9 Subject: V-Cert Health and Fitness Level 1/2	Curriculum Intent: Year 9 health and fitness is a foundation year in preparation for Years 10 and 11. The year will start with the focus on UNIT 2, building knowledge that will be required for the synoptic project completed in Year 11. This base knowledge will then lend itself to pupils when we shift focus to UNIT 1. Unit 1 is covered comprehensively in Year 9 in preparation for external assessment in Year 10. Furthermore, Year 9 focuses on building independent and knowledge-based learners who are able to provide examples during assessment, consider the impact of health and fitness on well-being and therefore able to implement the knowledge during various assessment points.					
	Term 1 Unit 2 Base Knowledge		Term 2 Unit 2/1 Base Knowledge		Term 3 Unit 1 Base Knowledge	
Topic Titles (in order of delivery)	1. Lifestyle Factors 2. Health and fitness analysis and goal setting	1. Health and fitness analysis and goal setting 2. Fitness testing	1. Fitness Testing	1. Skeletal system	1. Muscular system 2. Respiratory System	1. Respiratory System 2. Cardiovascular System 3. Energy Systems
Key knowledge / Retrieval topics	The impact of lifestyle factors on health and fitness. The intent of health and fitness analysis.	The intent of health and fitness analysis. The purpose and impact of fitness testing.	The purpose and impact of fitness testing.	The skeletal system and how this allows us to complete health and fitness activities.	The muscular and respiratory systems and how they allow us to complete health and fitness activities.	The energy systems and how they allow us to complete health and fitness activities.
Understanding / Sequence of delivery	1. Activity Levels 2. Diet 3. Rest and recovery 4. Other factors 5. Health and fitness analysis tools	1. Health and fitness analysis tools 2. Goal Setting 3. Health related fitness testing	1. Skill related fitness testing 2. Using Data	1. Structure 2. Function 3. Types of bones 4. Types of joints 5. Joint actions 6. Structure of synovial joint 7. Structure of spine and posture	1. Types of muscle 2. Structure of Muscular system 3. Movement and contraction 4. Muscle fibre types 5. Structure of Respiratory system	1. Functions of Respiratory System 2. Lung Volumes 3. Structure/Function of Blood Vessels. 4. Structure of Heart 5. The Cardiac Cycle 6. Cardiovascular Measurements 7. Blood Pressure 8. Energy Systems

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