Year: 9 Subject: V-Cert Health and Fitness Level 1/2	**Curriculum Intent:** Year 9 health and fitness covers 50% of the course content, building knowledge that will be required for the externally assessed exam completed at the end of Year 11. Focus will be on developing independent and knowledge-based learners who are able to provide examples during assessment. Students will consider the impact of health and fitness on social, physical and mental well-being, and will be able to implement this through theory, with practical sessions where relevant.					
	Term 1 ***Content Area 1 – Structure and function of body systems***		**Term 2** ***Content Area 2 – Effects of health and fitness activities on the body*** ***Content Area 3 – Health and fitness and the components of fitness*** ***Content Area 5 – Testing and developing the components of fitness***		**Term 3** ***Content Area 4 – Understanding the principles of training*** ***End of Year Assessment (Synoptic and Exam)*** ***Content Area 6 – Impact of lifestyle on health and fitness***	
Topic Titles (in order of delivery)	1.1 Skeletal System 1.2 Muscular System	1.3 Respiratory System 1.4 Cardiovascular System 1.5 Energy Systems	2.1 Short and long term effects 3.1 Understanding Health and Fitness 3.2 Components of Fitness	5.1 Fitness testing 5.2 Training methods 5.3 Optimising a health and fitness programme	4.1 Principles of Training	1. Assessment preparation 2. Assessment 6.1 Lifestyle factors
Key knowledge / Retrieval topics	Learners will be able to recall knowledge and understanding on the body systems, including their functions, structures and application to health and fitness activities.	Learners will be able to recall knowledge and understanding on the body systems, including their functions, structures and application to health and fitness activities.	Learners will learn about the effects of health and fitness activities on the body. Learners will learn about the relationship between Health and Fitness and the components of fitness.	Learners will understand how to carry out fitness testing. Learners will be able to apply fitness test data to individuals to decide which training methods should be used to reach goals.	Learners will learn about the principles of training and overload. They will be able to apply these to different activities, athletes and training programmes.	Learners will prepare for their End of Year assessment, featuring a Synoptic in class assessment and an external PPE Exam. Learners will finish year 9 preparing for year 10 content by learning the impact of lifestyle factors.
	1) Structure of the skeleton	1) Structure of the respiratory system	1) Short-term effects of health and	1) Health related fitness testing	1) Principles of SPORT (Specificity,	1) Revision techniques

Understanding / Sequence of delivery	2) Functions of the skeletal system 3) Types of bones 4) Types of joints 5) Joint Actions 6) Structure of synovial joints 7) Structure of the spine 8) Posture	2) Functions of the respiratory system 3) Diffusion and gaseous exchange 4) Respiratory measurements	fitness activities 2) Long-term effects of health and fitness activities	2) Skill related fitness testing 3) Using data 4) Validity and reliability	Progression, Overload, Reversibility, Tedium) 2) Principles of Overload (Frequency, Agility, Time and Type)	2) Exam techniques 3) Long answer question techniques 4) Synoptic assessment revision 5) Assessment 6) Assessment DIRT Reflection
	1) Types of muscle 2) Structure of Muscular system 3) Movement and contraction 4) Muscle fibre types	1) Structure and function of blood vessels 2) Blood redistribution 3) Structure of the heart 4) The cardiac cycle 5) Cardiovascular measurements 6) Blood pressure	1) Understanding Health and Fitness 2) Health-related components of fitness 3) Skill-related components of fitness	1) Heart rate training zones 2) Training methods 3) Energy demand and intensity		1) Diet 2) Activity Levels
		1) Energy systems				