



# Year 10 VCERT Curriculum Grid



# Health & Fitness



Year/Term	Unit	Intent	Skills
<b>Overall</b>		This unit provides learners with the underpinning knowledge and understanding required for health and fitness. Learners will develop their knowledge and understanding of the structure and function of key body systems. Learners will know and understand the short- and long-term effects that health and fitness activities can have on the body. Learners will know and understand the components of fitness and the principles of training.	
<b>Autumn</b>	Skeletal System	<ul style="list-style-type: none"> <li>• Structure of the skeleton</li> <li>• Functions of the skeletal system</li> <li>• Types of bone</li> <li>• Types of joints</li> <li>• Joint actions</li> <li>• Structure of a synovial joint (knee)</li> <li>• Structure of the spine and posture</li> </ul>	<ul style="list-style-type: none"> <li>• Analysing</li> <li>• Evaluating</li> <li>• Justifying</li> <li>• Describing</li> <li>• Comparing</li> <li>• Discussing</li> <li>• Communicating effectively</li> <li>• Debating</li> <li>• Writing extended answers</li> <li>• Working in groups</li> </ul>
	Muscular System	<ul style="list-style-type: none"> <li>• Types of muscle</li> <li>• Structure of the muscular system</li> <li>• Muscle movement and contraction</li> <li>• Muscle fibre types</li> </ul>	
	Respiratory System	<ul style="list-style-type: none"> <li>• Structure of the respiratory system</li> <li>• Functions of the respiratory system</li> <li>• Lung volumes</li> </ul>	
<b>Spring</b>	Cardiovascular System	<ul style="list-style-type: none"> <li>• Structure and function of the blood vessels</li> <li>• Structure of the heart</li> <li>• The cardiac cycle</li> </ul>	<ul style="list-style-type: none"> <li>• Analysing</li> <li>• Evaluating</li> <li>• Justifying</li> <li>• Describing</li> <li>• Comparing</li> </ul>



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		<ul style="list-style-type: none"> <li>• Cardiovascular measurements</li> <li>• Blood pressure</li> </ul>	<ul style="list-style-type: none"> <li>• Discussing</li> <li>• Communicating effectively</li> <li>• Debating</li> <li>• Writing extended answers</li> <li>• Working in groups</li> </ul>
	Energy Systems	<ul style="list-style-type: none"> <li>• Anaerobic energy system</li> <li>• Aerobic energy system</li> </ul>	
	Effects of Health and Fitness Activities On the Body	<ul style="list-style-type: none"> <li>• Short-term effects of health and fitness activities</li> <li>• Long-term effects of health and fitness activities</li> </ul>	
Summer	Health and Fitness	<ul style="list-style-type: none"> <li>• Health and fitness</li> </ul>	<ul style="list-style-type: none"> <li>• Analysing</li> <li>• Evaluating</li> <li>• Justifying</li> <li>• Describing</li> <li>• Comparing</li> <li>• Discussing</li> <li>• Communicating effectively</li> <li>• Debating</li> <li>• Writing extended answers</li> <li>• Working in groups</li> </ul>
	Components of Fitness	<ul style="list-style-type: none"> <li>• Health-related fitness</li> <li>• Skill-related fitness</li> </ul>	
	Principles of Training	<ul style="list-style-type: none"> <li>• The Principles of training</li> <li>• Principles of FITT</li> </ul>	