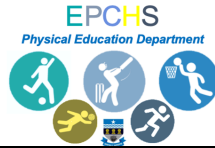




Year 11 VCERT Curriculum Grid

Health & Fitness



Year/Term	Unit	Intent	Skills
Overall		This unit provides learners with the knowledge and understanding to be able to prepare and plan for health and fitness. Learners will know and understand the impact of lifestyle on health and fitness and be able to apply health and fitness analyses to set goals. Learners will know and understand how to test and develop components of fitness. Learners will know and understand how to structure a health and fitness programme and how to prepare safely for health and fitness activities.	
Autumn	Lifestyle Factors	<ul style="list-style-type: none"> • Activity levels • Diet • Rest and recovery • Other factors 	<ul style="list-style-type: none"> • Analysing • Evaluating • Justifying • Describing • Comparing • Discussing • Communicating effectively • Debating • Writing extended answers • Working in groups
	Fitness Testing	<ul style="list-style-type: none"> • Health-related fitness tests • Skill-related fitness tests • Using data 	
	Training Methods	<ul style="list-style-type: none"> • Training methods 	
	Optimising a Health and Fitness Programme	<ul style="list-style-type: none"> • Heart rate training zones • Repetitions and sets 	
	Health and Fitness Analysis and Goal Setting	<ul style="list-style-type: none"> • Health and fitness analysis tool • Goal setting 	
Spring	The Structure of a Health and Fitness Programme	<ul style="list-style-type: none"> • The session card • Warm-up/cool down • Main activity session 	<ul style="list-style-type: none"> • Analysing • Evaluating • Justifying • Describing • Comparing • Discussing



Year 11 VCERT Curriculum Grid



Health & Fitness



			<ul style="list-style-type: none"> Communicating effectively Debating Writing extended answers Working in groups
	Health and Safety	<ul style="list-style-type: none"> Health and safety 	
	Coursework	<ul style="list-style-type: none"> Complete synoptic project 	
Summer	Revise Skeletal System	<ul style="list-style-type: none"> Structure of the skeleton Functions of the skeletal system Types of bone Types of joints Joint actions Structure of a synovial joint (knee) Structure of the spine and posture 	<ul style="list-style-type: none"> Analysing Evaluating Justifying Describing Comparing Discussing Communicating effectively Debating Writing extended answers Working in groups
	Revise Muscular System	<ul style="list-style-type: none"> Types of muscle Structure of the muscular system Muscle movement and contraction Muscle fibre types 	
	Revise Respiratory System	<ul style="list-style-type: none"> Structure of the respiratory system Functions of the respiratory system Lung volumes 	