

## VCERT Health and Fitness Curriculum Map

9	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer1	Summer 2
	<p><b>Topic titles:</b> -Skeletal system</p>	<p><b>Topic titles:</b> -Muscular system</p>	<p><b>Topic titles:</b> -Respiratory system</p>	<p><b>Topic titles:</b> -Cardiovascular system</p>	<p><b>Topic titles:</b> -Energy systems -Effects of health and fitness activities on the body</p>	<p><b>Topic titles:</b> -Health and Fitness -Components of fitness</p>
	<p><b>Big questions:</b> <i>Why is the Skeletal system important for sport and physical activity?</i></p> <p><b>Components:</b> 1.1.1 - Can I name the major bones of the Skeletal system 1.1.2 - Can I name the functions of the skeletal system? 1.1.3 - Can I name the different types of Bones? 1.1.4 – Can I name the different types of joint? 1.1.5 – Can I describe the different joint actions? 1.1.6 – Can I correctly label key elements within a synovial joint and describe their functions? 1.1.7 – Can I correctly label and identify the different regions of the vertebral column? 1.1.8? – Can I state and describe the effects of posture on physical activity and health as well as identifying postural defects?</p> <p style="text-align: center;"><a href="#">CFU: Extended writing task</a></p> <p style="text-align: center;"><b>Assessment 1: Skeletal system</b></p>	<p><b>Big questions:</b> <i>Why is the muscular system important for sport and physical activity?</i></p> <p><b>Components:</b> 1.2.1 - Can I name and describe the different types of muscle? 1.2.2 - Can I locate and describe the roles/functions of the main muscle groups in the body? 1.2.3 - Can I define and apply my knowledge of antagonistic muscle pairs? 1.2.4 - Can identify different muscle contractions and apply knowledge of these to practical examples? 1.2.5 - Can I identify different muscle fibre types and describe key differences? 1.2.6 - Can I explain differences in fibre types between individuals as well as how training can affect this?</p> <p style="text-align: center;"><a href="#">CFU: Extended writing task</a></p> <p style="text-align: center;"><b>Assessment 2: Muscular system</b></p>	<p><b>Big questions:</b> <i>Why is the respiratory system important for sport and physical activity?</i></p> <p><b>Components:</b> 1.3.1 – Can I accurately label the structure of the respiratory system? 1.3.2 – Can I define and describe the functions of the respiratory system? 1.3.3 – Can I define the process of gaseous exchange and explain the impact of this of physical performance? 1.3.4 – Can I measure respiratory outputs accurately and correctly label a spirometer trace diagram? 1.3.5 – Can I clearly explain reasons for changes in respiratory measurements during</p> <p style="text-align: center;"><a href="#">CFU: Extended writing task</a></p> <p style="text-align: center;"><b>Assessment 3: Respiratory system</b></p>	<p><b>Big questions:</b> <i>Why is the cardiovascular system important for sport and physical activity?</i></p> <p><b>Components:</b> 1.4.1 – Can I accurately identify different blood vessels and explain differences in their structure/functions? 1.4.2 – Can I describe the redistribution of blood using the terms: Vasodilation, vasoconstriction and vascular shunt? 1.4.3 – Can I accurately annotate the structure of the heart? 1.4.4 – Can I describe all key phases of the cardiac cycle? 1.4.5 – Can I use a range of cardiac measurements and explain the impact of exercise on these? 1.4.6 – Can I define the term blood pressure and identify key differences between high and low blood pressure?</p> <p style="text-align: center;"><a href="#">CFU: Extended writing task</a></p> <p style="text-align: center;"><b>Assessment 4: Cardiovascular system</b></p>	<p><b>Big questions:</b> <i>What are the main energy systems used by our bodies?</i></p> <p><b>Components:</b> 1.5.1 – Can I describe differences between the aerobic and anaerobic energy systems?</p> <p><b>Big questions:</b> <i>How do we prevent injury and why is it important for athletes?</i></p> <p><b>Components:</b> 2.1.1 Can I identify and explain the short-term effects of exercise? 2.1.2 Can I identify and explain the long term effects of exercise?</p> <p style="text-align: center;"><a href="#">CFU: Extended writing task</a></p> <p style="text-align: center;"><b>Assessment 5: Energy systems and effects of exercise</b></p>	<p><b>Big questions:</b> <i>What does it mean to be healthy?</i></p> <p><b>Components:</b> 3.1.1 – Can I define health and explain how different factors affect our physical, mental and social health? 3.2.1 – Can I define a range of health-related components of fitness and describe the impact of these on physical activities? 3.2.2 – Can I define a range of skill-related components of fitness and describe the impact of these on physical activities?</p> <p style="text-align: center;"><a href="#">CFU: Extended writing task</a></p> <p style="text-align: center;"><b>Assessment 6: Mock exam</b></p>
<b>Practical</b>	<p>Various practical sports to be completed throughout all years, running concurrently with theory topics. Students practical needed to support theoretical concepts.</p>					

## VCERT Health and Fitness Curriculum Map

10	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer1	Summer 2
	<p><b>Topic titles:</b> -Principles of training</p>	<p><b>Topic titles:</b> - Testing and developing components of fitness</p>	<p><b>Topic titles:</b> - Lifestyle factors</p>	<p><b>Topic titles:</b> -Goal setting</p>	<p><b>Topic titles:</b> -Structuring a training programme</p>	<p><b>Topic titles:</b> -Exam revision -Project revision</p>
	<p><b>Big questions:</b> <i>What are the principles of training and how do we use them?</i></p> <p><b>Components:</b> 4.1.1 – What are the principles of training and how do I apply them to physical activity? 4.1.2 – What is overload and how do I apply the FITT principles?</p> <p style="text-align: center;"><a href="#">CFU: Extended writing task</a></p> <p style="text-align: center;"><b>Assessment 7: Principles of training</b></p>	<p><b>Big questions:</b> <i>Why do we complete fitness tests and how do we analyse the data?</i></p> <p><b>Components:</b> 5.1.1 – Can I name the correct tests for health-related fitness components and can I administer them correctly? 5.1.2 - Can I name the correct tests for skill-related fitness components and can I administer them correctly? 5.1.3 – Can I collect use and analyse data, knowing how to compare my data to normative data? 5.1.4 – Can I clearly define the terms reliability and validity?</p> <p style="text-align: center;"><a href="#">CFU: Extended writing task</a></p> <p>5.2.1 – Can I name, describe and participate in a range of training methods? 5.3.1 – Can I identify different heart rate training zones and apply this knowledge to different individuals training goals? 5.3.2 – Can I distinguish the difference between sets and repetitions and apply this knowledge to different individuals training goals?</p> <p style="text-align: center;"><a href="#">CFU: Extended writing task</a></p> <p style="text-align: center;"><b>Assessment 8: Fitness testing</b></p>	<p><b>Big questions:</b> <i>What factors affect a person’s ability to live an active, healthy life?</i></p> <p><b>Components:</b> 6.1.1 – Can I define the terms ‘active lifestyle’ and ‘sedentary lifestyle’ and state activity guidelines? 6.1.2 – Can I name key nutrients and show an understanding of their role in relation to participation in physical activity? 6.1.3 – Can I describe the impact of rest and recovery on health and fitness? 6.1.4 – Can I describe how various lifestyle factors can have a negative impact on someone’s health and fitness?</p> <p style="text-align: center;"><a href="#">CFU: Extended writing task</a></p> <p style="text-align: center;"><b>Assessment 9: Lifestyle factors</b></p>	<p><b>Big questions:</b> <i>Why and how do we set goals?</i></p> <p><b>Components:</b> 7.1.1 – Can I use and administer a range of health and fitness analysis tools? 7.1.2 – Can I collect, use and analyse data to make suggestions on how to improve someone’s health or fitness? 7.1.3 – Can I use SMART to set goals effectively?</p> <p style="text-align: center;"><a href="#">CFU: Extended writing task</a></p> <p style="text-align: center;"><b>Assessment 10: Goal setting</b></p>	<p><b>Big questions:</b> <i>Can I compose an effective training programme?</i></p> <p><b>Components:</b> 8.1.1 – Can I name and administer various components of a training program? 8.1.2 - Can I identify health and safety measures needed as part of a training program? 8.1.3 - Can I construct a detailed session plan? 8.1.4 – Can I plan and deliver effective warm-ups and cool-downs? 8.1.5 – Can I apply the principles of training and FITT principles to adapt and improve a session plan? 8.1.6 – Can I effectively review a session and provide valuable improvements for future sessions? 8.2.1 Can I demonstrate knowledge of how timescales will affect goal setting?</p> <p style="text-align: center;"><a href="#">CFU: Extended writing task</a></p> <p style="text-align: center;"><b>Assessment 11: Structuring a training programme</b></p>	<p><b>Big questions:</b> <i>What factors influence health and fitness?</i></p> <p><b>Components:</b> -Can I recall and apply my knowledge of various health and fitness concepts to a range of exam questions?</p> <p><b>Big questions:</b> <i>What makes an effective training programme?</i></p> <p><b>Components:</b> -Can I recall and apply my knowledge of various health and fitness concepts to compose an effective health and fitness programme?</p> <p style="text-align: center;"><a href="#">CFU: Mock project</a></p> <p style="text-align: center;"><b>Assessment 12: Mock exam</b></p>

<b>Practical</b>	<p>Various practical sports to be completed throughout all years, running concurrently with theory topics. Students practical needed to support theoretical concepts.</p>
------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------

## VCERT Health and Fitness Curriculum Map

11	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer1	Summer 2
	<p><b>Topic titles:</b> -NEA</p>	<p><b>Topic titles:</b> -NEA</p>	<p><b>Topic titles:</b> -Exam Revision</p>	<p><b>Topic titles:</b> -Exam Revision</p>	<p><b>Topic titles:</b> -Exam revision</p>	ROLL OVER
	<p><b>Big questions:</b> <i>Can I create an effective training plan?</i></p> <p><b>Components:</b> -Can I apply my knowledge of fitness testing to effectively assess a clients fitness levels?  -Can I use a range of methods to collect data on a client and complete a general assessment of their needs/fitness?  -Can I apply SMART goals based on my clients needs?  -Can I apply my knowledge of training methods to provide an effective programme based on a clients individual needs?  -Can I apply my knowledge of diet in order to provide a client with an effective diet plan?  -Can I plan, deliver and review a training programme for a client?</p> <p style="text-align: center;"><u>NEA: Controlled assessment</u></p>	<p><b>Big questions:</b> <i>Can I create an effective training plan?</i></p> <p><b>Components:</b> -Can I apply my knowledge of fitness testing to effectively assess a clients fitness levels?  -Can I use a range of methods to collect data on a client and complete a general assessment of their needs/fitness?  -Can I apply SMART goals based on my clients needs?  -Can I apply my knowledge of training methods to provide an effective programme based on a clients individual needs?  -Can I apply my knowledge of diet in order to provide a client with an effective diet plan?  -Can I plan, deliver and review a training programme for a client?</p> <p style="text-align: center;"><u>NEA: Controlled assessment</u></p>	<p><b>Big questions:</b> <i>Can I recall and apply my knowledge of health and fitness concepts to a range of exam questions?</i></p> <p><b>Components:</b> -Can I recall and apply my knowledge of various body systems to exam questions?  -Can I recall and apply my knowledge of short/long term effects of exercise to exam questions?  -Can I recall and apply my knowledge of components of fitness and principles of training to exam questions?  -Can I recall and apply my knowledge of fitness testing and methods of training to exam questions?  -Can I recall and apply my knowledge of lifestyle factors on health and fitness to exam questions?  -Can I recall and apply my knowledge of goal setting, in particular SMART to exam questions?  -Can I recall and apply my knowledge of fitness programmes to exam questions?</p>	<p><b>Big questions:</b> <i>Can I recall and apply my knowledge of health and fitness concepts to a range of exam questions?</i></p> <p><b>Components:</b> -Can I recall and apply my knowledge of various body systems to exam questions?  -Can I recall and apply my knowledge of short/long term effects of exercise to exam questions?  -Can I recall and apply my knowledge of components of fitness and principles of training to exam questions?  -Can I recall and apply my knowledge of fitness testing and methods of training to exam questions?  -Can I recall and apply my knowledge of lifestyle factors on health and fitness to exam questions?  -Can I recall and apply my knowledge of goal setting, in particular SMART to exam questions?  -Can I recall and apply my knowledge of fitness programmes to exam questions?</p>	<p><b>Big questions:</b> <i>Can I recall and apply my knowledge of health and fitness concepts to a range of exam questions?</i></p> <p><b>Components:</b> -Can I recall and apply my knowledge of various body systems to exam questions?  -Can I recall and apply my knowledge of short/long term effects of exercise to exam questions?  -Can I recall and apply my knowledge of components of fitness and principles of training to exam questions?  -Can I recall and apply my knowledge of fitness testing and methods of training to exam questions?  -Can I recall and apply my knowledge of lifestyle factors on health and fitness to exam questions?  -Can I recall and apply my knowledge of goal setting, in particular SMART to exam questions?  -Can I recall and apply my knowledge of fitness programmes to exam questions?</p> <p style="text-align: center;"><u>Final VCERT Health and Fitness Exam</u></p>	N/A: Students leave after examinations.
<b>Practical</b>	Various practical sports to be completed throughout all years, running concurrently with theory topics. Students practical needed to support theoretical concepts.					