


Year: 10 Subject: V-Cert Health and Fitness Level 1/2	Curriculum Intent: Students will continue to build on the key knowledge and understanding that was developed in Year 9. Year 10 health and fitness covers the remaining 50% of the course content, continuing to build knowledge that will be required for the externally assessed exam completed at the end of Year 11. Year 10 aims to develop independent and knowledge-based learners who can apply key knowledge using real-world sporting examples. They will demonstrate this knowledge and how it may impact on the health, well-being and fitness of a sports performer. Towards the end of year 10, learners will prepare for their synoptic project through practical and theoretical mock tasks.					
	Term 1 Content Area 6 – Impact of lifestyle on health and fitness Content Area 7 – Applying health and fitness analysis and setting goals		Term 2 Content Area 8 – The structure of a health and fitness training programme and how to prepare safely Year 9 Content Review – Revision/Recap Content Area 1-5		Term 3 End of Year 10 PPE Preparation and Assessment NEA Preparation Tasks	
Topic Titles (in order of delivery)	6.1 Lifestyle Factors (6.1.1 Activity Levels, 6.1.2 Diet, 6.1.3 Rest and Recovery, 6.1.4 Other factors)	7.1 Health and fitness analysis tools 7.2 Collecting, using analysing and evaluating data 7.3 Goal setting	8. 1 Structure of a fitness programme 8.2. Timescales and goal setting	Content Areas 1 – 5	1. Assessment preparation 2. Assessment 3. NEA Preparation	1. NEA Preparation
Key knowledge / Retrieval topics	Learners will learn and be able to analyse the impact of lifestyle factors on health and fitness.	Learners will understand the tools used by health and fitness professionals in assessing client health and fitness. They will be able to analyse results and use these to set goals.	Learners will be able to develop a health and fitness training programme including all aspects of a training programme.	Learners will retrieve topics from Year 9 to prepare for the End of Year 10 PPE's.	Learners will prepare for their End of Year assessment, featuring a Synoptic in class assessment and an external PPE Exam.	Preparation for NEA (synoptic project) through practical and theoretical mock tasks.
Understanding / Sequence of delivery	1) Activity Levels 2) Diet – Nutrients 3) Diet – Hydration 4) Diet – Eat well guidance and energy expenditure	1) PAR-Q 2) Lifestyle Questionnaire 3) Food Diary 4) Using Data 5) Evaluating Data	1) Components of a fitness programme 2) Health and safety 3) The session plan	1) Body systems 2) Effects of Health and Fitness 3) Health and Fitness and Components	1) Revision techniques 2) Exam techniques 3) Long answer	1) Goal setting with a client 2) Programme Development for a client

	<ul style="list-style-type: none"> 5) Rest and recovery 6) Other factors – PEDs 7) Other factors – Recreational drugs 8) Other factors – smoking, alcohol and stress 	<ul style="list-style-type: none"> 6) Goal Setting 	<ul style="list-style-type: none"> 4) Warm-up/cool-down 5) Main activity section 6) Reviewing the activity section 	<ul style="list-style-type: none"> 4) Principles of Training 5) Fitness Testing 	<ul style="list-style-type: none"> question techniques 4) Synoptic assessment revision 5) Assessment 6) Assessment DIRT Reflection 7) Fitness Testing of Client 	<ul style="list-style-type: none"> 3) Programme completion and reflection 4) Application of principles and methods in programme justification 5) Evaluation of programme
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