**Ormiston Park Academy Curriculum Overview Years 10-11 Department: Health & Fitness Curriculum Leader: Ellen Fairest**

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|  | **Half Term 1 - 7 weeks** | **Half Term 2 - 7 weeks** | **Half Term 3 - 6 weeks** | **Half Term 4 - 5 weeks** | **Half Term 5 - 7 weeks** | **Half Term 6 - 6 weeks** |
| Year 11 | Key Content: Unit 02 Preparing and planning for health and fitnessLO4: Understand the structure of a health and fitness programme and how to prepare safely4.1 The structure of a Health and Fitness Programme4.1.1 The session card4.1.2 Warm-up/cool down4.1.3 Main activity section4.2 Health and Safety | Key Content: Unit 01 Introduction to body systems and principles of training in health and fitnessRevision of LO1, LO2, LO3 and LO4 in preparation for External Assessment (??/11/2021)Unit 02 Preparing and planning for health and fitnessMock synoptic project | Key Content: Unit 02 Preparing and planning for health and fitnessCompletion of internal assessment | Key Content: Unit 02 Preparing and planning for health and fitnessCompletion of internal assessment | Key Content: Unit 02 Preparing and planning for health and fitnessCompletion of internal assessment (if second submission is required) | Key Content: **Course completed** |
|  | Key Skills:Recall of informationAnalysis and evaluationGroup workCommunicationResearchPlanningOrganisation | Key Skills:Recall of informationAnalysis and evaluationGroup workCommunicationResearchPlanningOrganisation | Key Skills:Recall of informationAnalysis and evaluationGroup workCommunicationResearchPlanningOrganisation | Key Skills:Recall of informationAnalysis and evaluationGroup workCommunicationResearchPlanningOrganisation | Key Skills:Recall of informationAnalysis and evaluationGroup workCommunicationResearchPlanningOrganisation |  |
|  | **Assessment opportunities:****End of topic tests****Exam Questions****Questioning****Presentations****Group work****Mock Synoptic Project** | **Assessment opportunities:****End of topic tests****Exam Questions****Questioning****Presentations****Group work****Mock Synoptic Project****Unit 1 External Assessment – 2nd attempt** | **Assessment opportunities:****Synoptic Project** | **Assessment opportunities:****Unit 2 Internal Assessment – 1st submission** | **Assessment opportunities:****Unit 2 Internal Assessment – 2nd submission** |  |
| Year 10 | Key Content: Unit 01 Introduction to body systems and principles of training in health and fitnessLO1 Understand the structure and function of body systems and how they apply to health and fitness* 1. Skeletal System
		1. Structure of the skeleton
		2. Functions of the skeletal system
		3. Types of bones
		4. Types of joints
		5. Joint actions
		6. Structure of a synovial joint (knee)
		7. Structure of the spine and posture
	2. Muscular System
		1. Types of muscle
		2. Structure of the muscular system
		3. Muscle movement and contraction
		4. Muscle fibre types
 | Key Content:  Unit 01 Introduction to body systems and principles of training in health and fitnessLO1 Understand the structure and function of body systems and how they apply to health and fitness* 1. Respiratory System
		1. Structure of the respiratory system
		2. Functions of the respiratory system
		3. Lung volumes
	2. Cardiovascular System
		1. Structure and function of the blood vessels
		2. Structure of the heart
		3. The cardiac cycle
		4. Cardiovascular measurements
		5. Blood pressure
	3. Energy Systems

LO2 Understand the effects of health and fitness activities on the body2.1 Effects of Health and Fitness Activities on the Body2.1.1 Short-term effects of health and fitness activities2.1.2 Long-term effects of health and fitness activities | Key Content: Unit 01 Introduction to body systems and principles of training in health and fitnessLO3 Understand health and fitness and the components of fitness 3.1 Health and Fitness3.1.1 Health and fitness3.2 Components of Fitness3.2.1 Health-related fitness3.2.2 Skill-related fitnessLO4 Understand the principles of training4.1 Principles of Training4.1.1 The principles of training4.1.2 Principles of FITT |  Key Content: Unit 01 Introduction to body systems and principles of training in health and fitnessRevision of LO1, LO2, LO3 and LO4 in preparation for External Assessment (10/03/2021)Unit 02 Preparing and planning for health and fitnessLO1: Understand the impact of lifestyle on health and fitness* 1. Lifestyle factors
		1. Activity levels
 | Key Content: Unit 02 Preparing and planning for health and fitnessLO1: Understand the impact of lifestyle on health and fitness* 1. Lifestyle factors

1.1.2 Diet1.1.3 Rest and recovery1.1.4 Other factorsLO2: Understand how to test and develop components of fitness 2.1 Fitness Testing2.1.1 Health-related fitness tests2.1.2 Skill-related fitness tests2.1.3 Using data | Key Content**:** Unit 02 Preparing and planning for health and fitnessLO2: Understand how to test and develop components of fitness 2.2 Training Methods2.3 Optimising a Health and Fitness Programme2.3.1 Heart rate training zones2.3.2 Repetitions and setsLO3: Understand how to apply health and fitness analysis and set goals 3.1 Health and fitness analysis and goal setting3.1.1 Health and fitness analysis tools3.1.2 Goal setting |
| Key Skills:Recall of informationAnalysis and evaluationGroup workCommunicationResearch | Key Skills:Recall of informationAnalysis and evaluationGroup workCommunicationResearch | Key Skills:Recall of informationAnalysis and evaluationGroup workCommunicationResearchCommand words | Key skills :Recall of informationAnalysis and evaluationGroup workCommunicationResearchExam technique | Key skills :Recall of informationAnalysis and evaluationGroup workCommunicationResearchData analysisNumeracy | Key skills :Recall of informationAnalysis and evaluationGroup workCommunicationResearchPlanningOrganisation |
| **Assessment opportunities:****End of topic tests****Exam Questions****Questioning****Presentations****Group work** | **Assessment opportunities:****End of topic tests****Exam Questions****Questioning****Presentations****Group work****Unit 1 Mock Exam** | **Assessment opportunities:****End of topic tests****Exam Questions****Questioning****Presentations****Group work** | **Assessment opportunities:****End of topic tests****Exam Questions****Questioning****Presentations****Group work****Unit 1 External Assessment – 1st Attempt** | **Assessment opportunities:****End of topic tests****Exam Questions****Questioning****Presentations****Group work** | **Assessment opportunities:****End of topic tests****Exam Questions****Questioning****Presentations****Group work** |