**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 fitness  LO4: Understand the structure of a health and fitness programme and how to prepare safely  4.1 The structure of a Health and Fitness Programme  4.1.1 The session card  4.1.2 Warm-up/cool down  4.1.3 Main activity section  4.2 Health and Safety | Key Content:  Unit 01 Introduction to body systems and principles of training in health and fitness  Revision of LO1, LO2, LO3 and LO4 in preparation for External Assessment (??/11/2021)  Unit 02 Preparing and planning for health and fitness  Mock synoptic project | Key Content:  Unit 02 Preparing and planning for health and fitness  Completion of internal assessment | Key Content:  Unit 02 Preparing and planning for health and fitness  Completion of internal assessment | Key Content:  Unit 02 Preparing and planning for health and fitness  Completion of internal assessment (if second submission is required) | Key Content:  **Course completed** |
|  | Key Skills:  Recall of information  Analysis and evaluation  Group work  Communication  Research  Planning  Organisation | Key Skills:  Recall of information  Analysis and evaluation  Group work  Communication  Research  Planning  Organisation | Key Skills:  Recall of information  Analysis and evaluation  Group work  Communication  Research  Planning  Organisation | Key Skills:  Recall of information  Analysis and evaluation  Group work  Communication  Research  Planning  Organisation | Key Skills:  Recall of information  Analysis and evaluation  Group work  Communication  Research  Planning  Organisation |  |
|  | **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 fitness  LO1 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 fitness  LO1 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 body  2.1 Effects of Health and Fitness Activities on the Body  2.1.1 Short-term effects of health and fitness activities  2.1.2 Long-term effects of health and fitness activities | Key Content:  Unit 01 Introduction to body systems and principles of training in health and fitness  LO3 Understand health and fitness and the components of fitness  3.1 Health and Fitness  3.1.1 Health and fitness  3.2 Components of Fitness  3.2.1 Health-related fitness  3.2.2 Skill-related fitness  LO4 Understand the principles of training  4.1 Principles of Training  4.1.1 The principles of training  4.1.2 Principles of FITT | Key Content:  Unit 01 Introduction to body systems and principles of training in health and fitness  Revision of LO1, LO2, LO3 and LO4 in preparation for External Assessment (10/03/2021)  Unit 02 Preparing and planning for health and fitness  LO1: 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 fitness  LO1: Understand the impact of lifestyle on health and fitness   * 1. Lifestyle factors   1.1.2 Diet  1.1.3 Rest and recovery  1.1.4 Other factors  LO2: Understand how to test and develop components of fitness  2.1 Fitness Testing  2.1.1 Health-related fitness tests  2.1.2 Skill-related fitness tests  2.1.3 Using data | Key Content**:**  Unit 02 Preparing and planning for health and fitness  LO2: Understand how to test and develop components of fitness  2.2 Training Methods  2.3 Optimising a Health and Fitness Programme  2.3.1 Heart rate training zones  2.3.2 Repetitions and sets  LO3: Understand how to apply health and fitness analysis and set goals  3.1 Health and fitness analysis and goal setting  3.1.1 Health and fitness analysis tools  3.1.2 Goal setting |
| Key Skills:  Recall of information  Analysis and evaluation  Group work  Communication  Research | Key Skills:  Recall of information  Analysis and evaluation  Group work  Communication  Research | Key Skills:  Recall of information  Analysis and evaluation  Group work  Communication  Research  Command words | Key skills :  Recall of information  Analysis and evaluation  Group work  Communication  Research  Exam technique | Key skills :  Recall of information  Analysis and evaluation  Group work  Communication  Research  Data analysis  Numeracy | Key skills :  Recall of information  Analysis and evaluation  Group work  Communication  Research  Planning  Organisation |
| **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** |