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| **Bishopton Long Term KS4 Curriculum Overview** | | | | | | | |
| **Subject:** | | **KS4 – NFCE Level ½ Technical Award in Health and Fitness**  **(2 year course)** | | **Teacher** | **JOSHUA SIMPSON** | | |
| **Year 10** | **TERM** | **Autumn 1**  **Week 1 – Week 8** | **Autumn 2**  **Week 9 – Week 15** | **Spring 1**  **Week 16 – Week 21** | **Spring 2**  **Week 22 – Week 27** | **Summer 1**  **Week 28 – Week 32** | **Summer 2**  **Week 33 – Week 39** |
| **WHAT ARE WE LEARNING ABOUT?** | Understanding the Structure and function of body systems and how they apply to health and fitness:   * 1. Skeletal System: * Structure of skeleton * Functions of skeletal system * Types of bones * Types of joints * Joint Actions * Structure of a synovial joint (Knee) * Structure of the spine and posture | Understanding the Structure and function of body systems and how they apply to health and fitness:  1.2: Muscular System:   * Types of muscle * Structure of the muscular system * Muscle Movement and contraction * Muscle Fibre Types   1.3: Respiratory System:   * Structure of respiratory system * Functions of respiratory system * Lung volumes | Understanding the Structure and function of body systems and how they apply to health and fitness:  1.4: Cardiovascular System:   * Structure and function of blood vessels * Structure of the heart * Cardiac Cycle * Cardiovascular measurements   1.5: Energy Systems   * Aerobic and Anaerobic systems | Understanding the effects of Health and Fitness activities on the body:  2.1: Effects of Health and Fitness activities on the Body:   * Short-term effects of health and fitness activities * Long-term effects of health and fitness activities   3.1: Health and Fitness:   * Components of health * Relationship between health and fitness   3.2: Components of Fitness:   * Health-related fitness * Skill-related fitness | Understanding the effects of Health and Fitness activities on the body:  4.1: Principles of Training:   * Principles of training * Principles of FITT   5.1: Recap of UNIT:   * Independent assessment (exam practice papers) * Group assessments | Understanding the Impact of Lifestyles on Health and Fitness:  1.1: Lifestyle Factors:   * Activity levels * Diet * Rest and Recovery * Recreational drugs and other factors   Understanding how to Test and Develop Components of Fitness:  2.1: Fitness Testing:   * Health-related fitness * Skill-related fitness * Using Data |
| **ASSESSMENT OBJECTIVES** | * Tasks from PowerPoints * Independent questions * Exam related questions * Group activities | * Tasks from PowerPoints * Independent questions * Exam related questions * Group activities | * Tasks from PowerPoints * Independent questions * Exam related questions * Group activities | * Tasks from PowerPoints * Independent questions * Exam related questions * Group activities | * Tasks from PowerPoints * Independent questions * Exam related questions * Group activities | * Tasks from PowerPoints * Independent   questions   * Exam related questions * Group activities |
| **PATHWAY/POST 16** | * Sports and Exercise Science * A level PE * Physiology and Anatomy * Biology * Sports therapy * Physical theory | * Sports and Exercise Science * A level PE * Physiology and Anatomy * Biology * Sports therapy * Physical theory | * Sports and Exercise Science * A level PE * Physiology and Anatomy * Biology * Sports therapy * Physical theory | * Sports and Exercise Science * A level PE * Sports therapy * Fitness instructor * Life/health coach * Personal trainer * Gym attendant * Yoga instructor * Strength and conditioning coach | * Sports and Exercise Science * A level PE * Sports therapy * Fitness instructor * Life/health coach * Personal trainer * Gym attendant * Yoga instructor * Strength and conditioning coach | * Sports and Exercise Science * A level PE * Sports therapy * Fitness instructor * Life/health coach * Personal trainer * Gym attendant * Yoga instructor * Strength and conditioning coach |
| **Year 11** | **TERM** | **Autumn 1**  **Week 1 – Week 8** | **Autumn 2**  **Week 9 – Week 15** | **Spring 1**  **Week 16 – Week 21** | **Spring 2**  **Week 22 – Week 27** | **Summer 1**  **Week 28 – Week 32** | **Summer 2**  **Week 33 – Week 39** |
| **WHAT ARE WE LEARNING ABOUT?** | Understanding how to Test and Develop Components of Fitness:  2.2: Training Methods:   * Interval Training * Circuit Training * Fartlek Training * Continuous Training * Resistance and Body Weight Training * Cross Training * Energy Demand and intensity   Understand how to apply health and Fitness Analyses and Set Goals:  3.1: Health and Fitness Analysis and Goal Setting:   * Health and fitness analysis tools * Goals Setting | Understand the structure of a health and fitness programme:  4.1: Structure of Health and Fitness Programme:   * Health and fitness programme * The session Card * Warm up/Cool Down * Main Activity Section * Health and Safety   Understand the impact of lifestyle on health and fitness   * 1. Lifestyle factors: * Activity levels * Diet * Rest and Recovery * Other factors | Understanding how to test and develop components of fitness  2.1: Fitness testing:   * Health-related fitness * Skill-related fitness * Using Data   2.2 Training Methods:  Training methods   * Heart-rate * Training zones * Repetitions * Sets   Understand how to apply health and fitness analysis and set goals  3.1: health and fitness analysis and goal settings:   * Health and fitness analysis tools * Goal setting | Understand the structure of a health and fitness programme and how to prepare safely  4.1: The structure of a health and fitness programme:   * Health and fitness programme * The session card * Warmup/ cool down * Main activity section * Health and safety   *\*Time dedicated for coursework* | *\*Time dedicated for coursework* |  |
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| **ASSESSMENT OBJECTIVES** | • Tasks from PowerPoints  • Independent questions  • Exam related questions  • Group activities | * Tasks from PowerPoints * Independent questions * Exam related questions * Group activities | * Tasks from PowerPoints * Independent questions * Exam related questions * Group activities | * Tasks from PowerPoints * Independent questions * Exam related questions * Group activities | * Tasks from PowerPoints * Independent questions * Exam related questions * Group activities |  |
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| **The core aims of the Key Stage 4 Core PE Curriculum are to encourage learners to:** |
| * Understand the identify the main body systems and their functions. * Understanding the principles of training and FITT. * Explore how physical activities affect the body in the short-term and long-term. * Use relevant fitness tests for specific health and skill components of fitness. * Create a health and fitness programme. |