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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
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| **ASSESSMENT OBJECTIVES** | * Tasks from PowerPoints
* Independent questions
* Exam related questions
* Group activities
 | * Tasks from PowerPoints
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questions* Exam related questions
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| **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
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| **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 fitness2.1: 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 goals3.1: 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 safely4.1: 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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| **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.
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