|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **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 |
| **THEME** | **POWER AND CONFLICT** | **COMMUNITY** | **OUR FANTASTIC WORLD** | **HEALTH, RELATIONSHIPS & WELLBEING** | **ATTITUDES AND BELIEFS** | **EXPLORATION** |
| **CASTLE** | **TOLERANCE** | **LOVE** | **CREATIVITY** | **ENJOYMENT** | **SELF-BELIEF** | **ASPIRATIONS** |
| **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** |  |  |  |  |  |  |
| **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 |  |  |  |  |
| **THEME** | **POWER AND CONFLICT** | **COMMUNITY** | **OUR FANTASTIC WORLD** | **HEALTH, RELATIONSHIPS & WELLBEING** | **ATTITUDES AND BELIEFS** |  |
| **CASTLE** | **TOLERANCE** | **LOVE** | **CREATIVITY** | **ENJOYMENT** | **SELF-BELIEF** |  |
| **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 |  |
| **PATHWAY/POST 16** |  |  |  |  |  |  |

|  |
| --- |
| **The core aims of the Key Stage 4 Core PE Curriculum are to encourage learners to:** |
| * Develop fluent knowledge, skills and understanding of different sports and activities within sport. * Provide curriculum links between other subjects (science, cooking) and BTEC sports course work. * Promote livening a healthy lifestyle and engaging in regular exercise which will tackle obesity and general health related diseases in teenagers and young adults. * Inspire pupils to seek further education or a career in the sports industry. |