



Health & Fitness Curriculum Overview

YEAR 10

	Autumn Term	Spring Term	Summer Term	Rationale
Composites	Body systems, Effects of Health & Fitness	Components of fitness Principles of training in health and fitness	Impact of lifestyle	<p>The Autumn and Spring terms focus on the teaching of unit 1 where students are taught the underpinning knowledge and understanding required for Health and Fitness.</p> <p>Key learning outcomes for unit 1 (including LO1-4) are taught to prepare the students for their first attempt at the externally assessed paper, (in March).</p> <p>The summer term focuses on Unit 2, preparing the students to plan for health and fitness. Students will have a firm foundation upon which to build more complex understanding going into year 11 in preparation for the synoptic paper in Dec/Jan of Year 11.</p>
Key Components	Skeletal, Muscular, Respiratory, Cardiovascular, Blood pressure, Energy systems, short and long term effects	Health related components, skill related components, principles of training.	Lifestyle Factors, activity levels, diet, rest and recovery, drugs,	
Tier 3 language	Axial, Appendicular, sesamoid, condyloid, saddle, gliding, synovial membrane, cervical, kyphosis, lordosis, scoliosis, cardiac, smooth, isotonic, isometric	CV endurance, muscular strength, muscular endurance, body composition, flexibility, Agility, speed, coordination, power, balance, reaction time., Specificity, progression, overload, reversibility, tedium, FITT.	Active, sedentary, vigorous, recreational drugs, performance enhancing, macronutrient, micronutrient	
Assessment	Low stakes testing, PLC ragging, end of unit summative test	Low stakes testing, PLC ragging 1st attempt of externally assessed written paper (March)	Low stakes testing, PLC ragging Results of written exam	
The best that has been thought and said	GCSE topic guides, BBC Bitesize	Brian Mac	Serena Williams, Mohammed Ali, Lance Armstrong	

YEAR 11

Composites	Fitness Testing, Fitness programmes, Goal Setting. Revision for Unit 1	Synoptic paper	Synoptic paper	<p>Should a reattempt of the written exam (unit 1) be required, revision time is given in the autumn term, to ensure key areas and common misconceptions are covered. Along side this revision, Unit 2 (LO1-4) is taught preparing the students for the planning of a health and fitness programme.</p> <p>Learners gain key concepts, understanding and structure of fitness programmes to complete the internally assessed synoptic paper, which is released in December.</p> <p>Depending on the level of their first attempt of the synoptic paper, students will work towards a resubmission in the summer term, re-capping assessment</p>
Key Components	Health related tests, skill related tests, using data, Training Methods, Heart Rate Zones, Repetition and Sets	Completion of internal synoptic paper	Completion of internal synoptic paper	
Tier 3 language	BMI index, body callipers, SMART, FITT, PAR-Q,			
Assessment	Low stakes testing, PLC testing 2nd attempt of externally assessed written paper (Oct/Nov)	Results of written exam 1st attempt of internal synoptic paper (May)	2nd attempt of internal synoptic paper (May)	
The best that has been thought and said	Brian Mac			



King Harold Academy

GCSE PE Curriculum Overview



YEAR 10

	Autumn Term	Spring Term	Summer Term	Rationale
Composites	Applied Anatomy and Physiology Practical Performance	Movement Analysis Practical Performance	Physical Training Personal Exercise Programme	<p>Autumn and Spring focuses upon the teaching of component 1 (36%). Due to the scientific and technical content, it is important that the students are given enough time to understand key concepts making sure all students have a firm foundation to build more complex understanding. This is then reinforced and exemplified in the teaching of practical lessons.</p> <p>The summer term sets the students up for the knowledge and understanding they require of physical training, to complete their controlled assessment (component 4 -PEP).</p> <p>Practical teaching is focused upon sports taught at KS3 where general performance skills during individual and team activities are practised and refined.</p>
Key Components	Structure and Function of body systems (Musculoskeletal, Cardio respiratory, Anaerobic, Aerobic, Short term and Long term effects)	Lever systems, Planes and Axis of movement, Physical Training, Use of data	Components of fitness, Principles of training, prevention of injury, warm up and cool down Aim, planning and analysis, carry out and monitoring.	
Tier 3 language	Platelets, calcium, cranium, scapula, condyloid, deoxygenated, vasoconstriction, gaseous exchange, bronchi, bronchioles, valves	First, Second and Third degree, Sagittal, Frontal, Transverse, Frontal	Individual needs, specificity, progressive overload, FITT, over training, reversibility, threshold	
Assessment	Low stakes testing, PLC ragging, end of unit summative test, practical assessment	Low stakes testing, PLC ragging, end of unit summative test, practical assessment	Paper 1 mock/end of year test, practical assessment.	
The best that has been thought and said	Tony Scott, Penny Lewis	Tony Scott, Penny Lewis		

YEAR 11

	Autumn Term	Spring Term	Summer Term	Rationale
Composites	Personal Exercise Programme Health and performance	Practical performance	Revision for component 1 and 2	<p>Evaluation of the PEP allows time for any misconceptions to be rectified before submission.</p> <p>Teaching of component 2 for the first time. Students are able to map their understanding of the factors that underpin participation in sport with their knowledge of practical performance. Revision of component 1 is also covered in greater depth in preparation for the December mock exam.</p> <p>Practice and refining of selected practical sports in preparation for the external assessment. Practical intervention such as swimming given.</p> <p>Component 1 is re-visited; content most likely to appear in the exams, all key words are in students' long term memory and lots of opportunity for deliberate practice is given.</p> <p>Intervention for practical sports such as swimming taught.</p>
Key Components	Evaluation of the PEP, Sport Psychology, Socio-cultural influences, Use of data	Skills and techniques in isolation/unopposed situations, application of skills, techniques and decision making under pressure.	Preparation for GCSE examinations. Deliberate Practice & Retrieval Practice of key knowledge	
Tier 3 language	Physical, Emotional, Social, Sedentary lifestyle, Energy, diet, nutrition, hydration, basic/complex skill, open/closed skill, guidance engagement patterns, commercialisation	Accuracy, skill, techniques, decision making, pressure, progression control, fluency, competitive, challenge		
Assessment	Mock exam of paper 1 and 2 Completion of PEP	Low stakes testing, PLC ragging, end of unit summative test Practical examination of 3 chosen sports	Examination of component 1 and 2	
The best that has been thought and said	Bandura, Deci and Ryan, Hardy and Gould			