

This Level 1/2 qualification is appropriate for learners who are looking to develop significant knowledge and understanding in Health and Fitness and be able to apply their learning. This qualification is appropriate for learners who are motivated and challenged by learning through hands-on experiences and would like to take an active role in physical activity. It is distinct from GCSE Physical Education, as it encourages the learner to use knowledge and practical tools to focus on supporting people with specific Health and Fitness goals. The study of Health and Fitness involves understanding the functions of the bodily systems, understanding the principles of training and knowing how the body reacts in the short and long term to fitness activities. Students will learn how to create and apply lifestyle analysis tools and how to design a fitness programme for a person with specific goals. The qualification focuses on an applied study of the Health and Fitness sector and learners will gain a broad understanding and knowledge of working in the sector.

Year	Knowledge (Topics / contexts) What pupils will 'know'.	Skills acquired What pupils will be able to 'do'.	Concepts developed What pupils will 'understand'.	Assessments How do we and the pupils know what has been learnt?
10	<p>In Year 10, the study of health and fitness involves understanding the functions of the different body systems (skeletal, muscular, cardiovascular, respiratory and energy systems).</p> <p>Pupils will improve their understanding the principles of training, and knowing how the body reacts in the short and long term to fitness activities.</p>	<p>Pupils in Year 10 will improve their skills in the following areas:</p> <ul style="list-style-type: none"> - adapting their own ideas and responding to feedback - in evaluating their own work - conducting and implementing fitness tests - independent working, - working to deadlines and efficient use of resources. 	<p>How exercise effects the different body systems how this is linked to the short- and long-term effects of fitness activities.</p> <p>How applying the principles of training can improve the different components of fitness.</p>	<p>End of topic test after each unit.</p> <p>External examination. (40% of overall grade)</p>
11	<p>In Year 11, the study of health and fitness involves understanding how relevant fitness tests can be used for specific health and skill components of fitness. Pupils will be conducting the different fitness tests and using the principles of training and FITT to create a fitness progress to improve fitness levels. Pupils will understand different lifestyle analysis tools and how to apply them.</p>	<p>Pupils in Year 11 will improve their skills in the following areas:</p> <ul style="list-style-type: none"> - using a variety of tools to analyse data. - compare fitness tests results to national averages. - develop fitness programmes to improve specific health and skill components of fitness. - independent working, working to deadlines and efficient use of resources. 	<p>Pupils will have greater understanding of how to use analysis tools to obtain greater information on the health and fitness abilities of others.</p> <p>Pupils will understand how to apply the principles of FITT and training to a fitness programme of their design.</p> <p>Pupils will understand how to analyse results and compare data to national averages.</p>	<p>Synoptic project (Non-examined assessment. 60% of overall grade)</p>

Curriculum Delivery

	Year 10					
	Autumn term		Spring term		Summer term	
	Sept - Oct	Oct - Dec	Jan - Feb	Feb - April	April - May	May - July
Staff 1	1.1 Skeletal system	1.2 Muscular system	3.2 Components of fitness and fitness testing		1.1 Lifestyle factors	2.1 Training methods
Assessment	End of topic tests	End of topic tests	End of topic tests	Year 10 Exams	End of topic tests	End of topic tests
Staff 2	3.1 What is health and Fitness?	1.3 and 1.4 Respiratory and Cardiovascular system	1.5 energy systems	4.1 Principles of training	2.1 Effects of health and fitness activities on the body	3.1 Health and fitness analysis and goal setting
	Year 11					
	Autumn term		Spring term		Summer term	
	Sept - Oct	Oct - Dec	Jan - Feb	Feb - April	April - May	May - July
Staff 1	4.1 Structure of a health and fitness programme		21 hours - Synoptic Project		Revision for other subjects / Catch up time	
Assessment	Practice exam questions	Unit 1 - External Exam (40%)	Unit 2 - Synoptic Project (60%)			
Staff 2	Unit 1 revision - Exam Preparation	Unit 2 assessment - Preparation	21 hours - Synoptic Project			

