



Year 10 VCERT Curriculum Grid

Health and Fitness



Year/Term	Unit	Intent
Overall		<ul style="list-style-type: none"> This unit provides learners with the knowledge and understanding to be able to prepare and plan for health and fitness. Learners will know and understand the impact of lifestyle on health and fitness and be able to apply health and fitness analyses to set goals. Learners will know and understand how to test and develop components of fitness. Learners will know and understand how to structure a health and fitness programme and how to prepare safely for health and fitness activities.
Autumn	Lifestyle Factors	<ul style="list-style-type: none"> Activity levels Diet Rest and recovery Other factors
	Fitness Testing	<ul style="list-style-type: none"> Health-related fitness tests Skill-related fitness tests Using data
	Training Methods	<ul style="list-style-type: none"> Training methods
	Optimising a Health and Fitness Programme	<ul style="list-style-type: none"> Heart rate training zones Repetitions and sets
	Health and Fitness Analysis and Goal Setting	<ul style="list-style-type: none"> Health and fitness analysis tool Goal setting
Spring	The Structure of a Health and Fitness Programme	<ul style="list-style-type: none"> The session card Warm-up/cool down Main activity session
	Health and Safety	<ul style="list-style-type: none"> Health and safety
Summer	Revise Skeletal System	<ul style="list-style-type: none"> Structure of the skeleton Functions of the skeletal system Types of bone Types of joints Joint actions Structure of a synovial joint (knee) Structure of the spine and posture
	Revise Muscular System	<ul style="list-style-type: none"> Types of muscle Structure of the muscular system Muscle movement and contraction Muscle fibre types
	Revise Respiratory System	<ul style="list-style-type: none"> Structure of the respiratory system Functions of the respiratory system Lung volumes