



Year 9 VCERT Curriculum Grid

Health and Fitness



Year/Term	Unit	Intent
Overall		<ul style="list-style-type: none"> This unit provides learners with the underpinning knowledge and understanding required for health and fitness. Learners will develop their knowledge and understanding of the structure and function of key body systems. Learners will know and understand the short- and long-term effects that health and fitness activities can have on the body. Learners will know and understand the components of fitness and the principles of training.
Autumn	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
	Muscular System	<ul style="list-style-type: none"> Types of muscle Structure of the muscular system Muscle movement and contraction Muscle fibre types
	Respiratory System	<ul style="list-style-type: none"> Structure of the respiratory system Functions of the respiratory system Lung volumes
Spring	Cardiovascular System	<ul style="list-style-type: none"> Structure and function of the blood vessels Structure of the heart The cardiac cycle Cardiovascular measurements Blood pressure
	Energy Systems	<ul style="list-style-type: none"> Anaerobic energy system Aerobic energy system
	Effects of Health and Fitness Activities On the Body	<ul style="list-style-type: none"> Short-term effects of health and fitness activities Long-term effects of health and fitness activities
Summer	Health and Fitness	<ul style="list-style-type: none"> Health and fitness
	Components of Fitness	<ul style="list-style-type: none"> Health-related fitness Skill-related fitness
	Principles of Training	<ul style="list-style-type: none"> The Principles of training Principles of FITT