

KS3-4 Curriculum Map: HEALTH & FITNESS

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Year 10	<u>1. Structure & Function of Body Systems</u> <u>2. Principles of Training</u> Core Ideas: Skeletal System Muscular System Respiratory System Cardiovascular System Energy Systems Understanding Training Principles of Overload		<u>1. Effects of Health & Fitness activities on the body</u> <u>2. Testing & developing fitness components</u> Core Skills: Short-Term effects Long-Term effects Fitness Testing Training Methods Optimising H&F programme	<u>1. The Components of Fitness</u> <u>2. Testing & developing fitness components</u> Core Skills: Understanding H&F Components of Fitness Fitness Testing Training Methods Optimising H&F programme	<u>1. The Components of Fitness</u> <u>2. Testing & developing fitness components</u> Core Skills: Understanding H&F Components of Fitness Fitness Testing Training Methods Optimising H&F programme	<u>Practice NEA</u> Core Skills: Working through NEA tasks set 23/24
	Core Skills: Knowledge and understanding of the topic theory; Applied application within a practical environment; Communication and professional delivery concepts; Understanding of synoptic and holistic application					
Year 11	<u>1. Impact of Lifestyle on H&F</u> <u>2. Applying H&F analysis & setting goals</u> <u>3. NEA</u> Core Skills: Activity Levels Diet Rest & Recovery Other Factors H&F Analysis Tools Data Usage Goal Setting NEA		<u>1. Structure of a safe H&F training programme</u> <u>2. NEA</u> Core Skills: Structure of H&F programmes Timescales & Goal Setting NEA	<u>1. NEA</u> <u>2. Exam Paper Revision & Technique</u> Core Skills: NEA Exam Paper Revision	<u>1. NEA</u> <u>2. Exam Paper Revision & Technique</u> Core Skills: Exam Paper Revision	
	Core Skills: Knowledge and understanding of the topic theory; Applied application within a practical environment; Communication and professional delivery concepts; Understanding of synoptic and holistic application					