



## CURRICULUM OVERVIEW FOR VCERT LEVEL ½ TECHNICAL AWARD IN HEALTH & FITNESS - 2021

	HALF TERM 1	HALF TERM 2	HALF TERM 3	HALF TERM 4	HALF TERM 5	HALF TERM 6
YEAR 10	UNIT 1 Learning Objective 1 <b>Skeletal System</b>	UNIT 1 Learning Objective 1 <b>Muscular System</b>	UNIT 1 Learning Objective 1 <b>Cardiovascular System</b>	UNIT 1 Learning Objective 1 <b>Cardiac Cycle</b>	UNIT 1 Learning Objective 2 <b>Effects of Health &amp; Fitness activities on the Body</b>	UNIT 1 Learning Objective 2 <b>Health &amp; Fitness Principles of Training</b>
YEAR 11	UNIT 2 Learning Objective 1 <b>Lifestyle Factors</b> Learning Objective 2 <b>Fitness Testing</b>	Exam Prep – UNIT 1 UNIT 2 Learning Objective 3 <b>Health &amp; Fitness analysis</b> Learning Objective 4 <b>H&amp;F Programme</b>	<b>Synoptic Project &amp; Exam Resit</b>	<b>Synoptic project</b>		