

# YEAR 10 CURRICULUM PLAN FOR LEVEL ½ TECHNICAL AWARD IN HEALTH & FITNESS



TOPIC	KEY LEARNING	ASSESSMENT
The Skeletal System	<ul style="list-style-type: none"> <li>Understand that the skeleton is divided into two sections (axial &amp; appendicular) and be able to locate the bones on these sections.</li> <li>Understand the types of bone in the body, their primary function and how they relate to movement.</li> <li>Learn the functions of the skeletal system and the types of joints in the body.</li> <li>Learn the different types of movement.</li> <li>Know that the spine is divided into regions and be able to locate each region and know the importance of posture.</li> </ul>	Retrieval through lesson tasks. Formative and Summative (End of Topic) assessments.  iAchieve.
The Muscular System & The Respiratory System	<ul style="list-style-type: none"> <li>Understand the types of muscle, where they are located, their characteristics and functions.</li> <li>Be able to locate the main muscles of the muscular system.</li> <li>Understand how muscles work in antagonistic pairs to produce movement, know the types of muscular contractions and understand the different muscle fibre types.</li> <li>Understand the pathway of air through the respiratory system and the mechanics of breathing.</li> <li>Understand the terms diffusion and gaseous exchange and how alveoli assist in gaseous exchange.</li> <li>Learn about lung volumes and the changes that happen from rest to participating in health and fitness activities.</li> </ul>	Retrieval through lesson tasks. Formative and Summative (End of Topic) assessments.  iAchieve.
The Cardiovascular System	<ul style="list-style-type: none"> <li>Learn about the structure of the blood vessels.</li> <li>Understand that the heart is divided into two sides (left and right) and know the order of the cardiac cycle.</li> <li>Learn about cardiovascular measurements and understand the two different types of blood pressure.</li> <li>Understand the anaerobic and aerobic energy systems</li> </ul>	Retrieval through lesson tasks. Formative and Summative (End of Topic) assessments.  iAchieve.
Effects of Health & Fitness Activities on the Body	<ul style="list-style-type: none"> <li>Learn and understand the short-term and long-term effects that health and fitness activities can have on the body and understand why each effect occurs.</li> </ul>	Retrieval through lesson tasks. Formative and Summative (End of Topic) assessments.  iAchieve.
Health & Fitness & Components of Fitness	<ul style="list-style-type: none"> <li>Understand the terms health and fitness and the relationship between them.</li> <li>Understand the five components of health-related fitness.</li> <li>Understand the six components of skill-related fitness.</li> </ul>	Retrieval through lesson tasks. Formative and Summative (End of Topic) assessments.  iAchieve.
Principles of Training & Principles of FITT	<ul style="list-style-type: none"> <li>Understand the five principles of training (SPORT) and how they can be applied to health and fitness activities.</li> <li>Understand the principles of FITT and how they can be adapted to optimise performance in health and fitness activities.</li> </ul>	Retrieval through lesson tasks. Formative and Summative (End of Topic) assessments.  iAchieve.

