

<b>Subject: Health and Fitness</b>	<b>Year Group: 10</b>
<b>Spring 1 – Curriculum Plan</b>	<b>Homework Plan</b>
<p><b>Topics:</b></p> <ol style="list-style-type: none"> <li>1. Skeletal system</li> <li>2. Muscular System</li> <li>3. Respiratory System</li> <li>4. Cardiovascular System</li> <li>5. Energy Systems</li> <li>6. Effects of Health and Fitness Activities on the Body</li> <li>7. Health and Fitness</li> <li>8. Components of Fitness</li> <li>9. Principles of Training</li> </ol>	<p><b><u>Embed</u></b> Revision of key words used in the NCFE Health&amp;Fitness specification.</p>
<p><b>ASSESSMENT OBJECTIVES:</b></p> <p><b>AO1: Recall knowledge and show understanding</b> Learners recall and communicate basic knowledge and understanding from a limited range of health and fitness concepts, principles, skills and techniques.</p> <p><b>AO2: Apply knowledge and understanding</b> Learners’ application of knowledge and understanding health and fitness concepts, principles, skills and techniques is of limited accuracy and relevance to the context and situation.</p> <p><b>AO3: Analyse and evaluate knowledge and understanding</b> Learners respond simply to health and fitness data and information and provide comments.</p> <p><b>AO4: Demonstrate and apply technical skills and processes</b> Learners demonstrate and apply basic health and fitness skills and techniques by applying and using in a limited way health and fitness concepts and principles.</p> <p><b>AO5: Manage and evaluate the project</b> Learners manage the project, including preparation and planning of a limited range of project stages, time frames and resources.</p> <p><b>OUTLINE:</b> Pupils will be expected know the key terminology to help their understanding of the different topics.</p>	<p><b><u>Apply</u></b> Answer exam questions demonstrating skills acquired.</p>
	<p><b><u>Challenge/Interleaving</u></b> Exam style questions set as practice to test skills acquired in lessons. Glossary test in every lesson in preparation for end of topic tests.</p>
	<p><b><u>Improve/Go Green</u></b> Based on the feedback the class has received for their PPEs, students complete their TPGG task, making sure they address all the EBIs and annotations in their exercise book.</p>