

Subject: Health and Fitness	Year Group: 11
Spring 1 – Curriculum Plan	Homework Plan
<p>Topics:</p> <ol style="list-style-type: none"> 1. Principles of health and fitness 2. Healthy Lifestyles 3. Develop a personal health and fitness programme 	<p>Embed Revision of key words used in the NCFE Health&Fitness specification.</p>
<p>ASSESSMENT OBJECTIVES:</p> <p>AO1: Recall knowledge and show understanding Learners recall and communicate basic knowledge and understanding from a limited range of health and fitness concepts, principles, skills and techniques.</p> <p>AO2: Apply knowledge and understanding 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>AO3: Analyse and evaluate knowledge and understanding Learners respond simply to health and fitness data and information and provide comments.</p> <p>AO4: Demonstrate and apply technical skills and processes 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>AO5: Manage and evaluate the project Learners manage the project, including preparation and planning of a limited range of project stages, time frames and resources.</p> <p>OUTLINE: Pupils will be expected know the key terminology to help their understanding of lifestyles in health and fitness.</p>	<p>Apply Answer exam questions demonstrating skills acquired.</p>
	<p>Challenge/Interleaving 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>Improve/Go Green 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>