

**Intent** – For students to become competent, confident and masters in a broad range of physical activities and sport. To be able to analyse and evaluate their own and peer’s performance. Develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life. To understand and apply long-term participation health benefits of physical activity that promotes an active healthy lifestyle.

**IMPLEMENTATION**

Year 11 V CERT Health and Fitness (assessment week)			Term 1							Term 2							Term 3							Term 4							Term 5							Term 6						
			1.1 – 4.1							4.1-4.1.5 + External Assessment							External Assessment							External Assessment							External Assessment Improvements													
			L1 – T1P1 - Components of fitness	L2 – T1P1 Components of fitness	2/9/20	L1 – T1P2 – Principles of Training	L2 – T1P2 Principles of training	9/9/20	L1 – T1P2 Principles of training	L2 – T1P2 Principles of training	16/9/20	L1 – T1P2 Principles of training	L2 – T1P2 Principles of Training	23/9/20	L1 – T1P3 Methods of training	L2 – T1P3 Methods of training	30/9/20	L1 – T1P3 FITT	L2 – T1P3 FITT	7/10/20	L1 – T2P1 PAR-Q	L2 – T2P1 Lifestyle Questionnaire	14/10/20	L1 – T2P3 SMART Targets	L2 – T2P3 SMART Targets	21/1/20																		
			Holiday- 1 week																																									
			L1 – T3P1 Fitness Testing	L2 – T3P1 Fitness Testing	4/11/20	L1 – T3P2 Practical Testing	L2 – T3P2 Results Analysis	11/11/20	L1 – T4P1 – Training program	L2 – T4P1 Training Program	18/11/20	L1 – T4P1 Program Justification	L2 – T4P1 Program Justification	25/11/20	L1 – T4P2 Carry out training	L2 – T4P2 – Make changes to training program	2/12/20	L1 – T4P3/4 Re- test Scores	L2 – T4P5 Effectiveness of training program	9/12/20	L1 – T5 Reflect on Training	L2 – T5 Reflect on training program	16/12/20																					
			Holiday- 2 weeks																																									
			L1 – MOCK Coursework Prep	L2 – MOCK Coursework Prep	4/1/21	L1 – MOCK Coursework Prep	L2 – MOCK Coursework Prep	11/1/21	L1 – MOCK Coursework Prep	L2 – MOCK Coursework Prep	18/1/21	L1 – External Assessment	L2 – External Assessment	25/1/21	L1 – External Assessment	L2 – External Assessment	1/2/21	L1 – External Assessment	L2 – External Assessment	8/2/21																								
			Holiday- 1 week																																									
			L1 – External Assessment	L2 – External Assessment	22/2/21	L1 – External Assessment	L2 – External Assessment	29/2/21	L1 – External Assessment	L2 – External Assessment	5/3/21	L1 – External Assessment	L2 – External Assessment	12/3/21	L1 – External Assessment	L2 – External Assessment	19/3/21	L1 – External Assessment	L2 – External Assessment	J26/3/21																								
			Holiday- 2 Weeks																																									
			L1 – External Assessment	L2 – EA Improvements	20/4/20	L1 – External Assessment	L2 – EA Improvements	27/4/20	L1 – External Assessment	L2 – EA Improvements	4/5/20	L1 – External Assessment	L L2 – EA Improvements	11/5/20	L1 – External Assessment	L2 – EA Improvements	18/5/20																											
			Holiday- 1 Week																																									
			N/A	N/A	1/6/20	N/A	N/A	8/6/20	N/A	N/A	15/6/20	N/A	N/A	22/6/20	N/A	N/A	29/6/20	N/A	N/A	6/7/20	N/A	N/A	13/7/20																					

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