

Bilton School – Planning for progress over time. V CERT Health and Fitness (Year 11) 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.

		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																							
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		2/9/20	9/9/20	16/9/20	23/9/20	30/9/20	7/10/20	14/10/20	21/1/20		4/11/20	11/11/20	18/11/20	25/11/20	2/12/20	9/12/20	16/12/20		4/1/21	11/1/21	18/1/21	25/1/21		1/2/21	8/2/21		22/2/21	29/2/21	5/3/21	12/3/21	19/3/21	J26/3/21		20/4/20	27/4/20	4/5/20	11/5/20	18/5/20		1/6/20	8/6/20	15/6/20	22/6/20	29/6/20	6/7/20	13/7/20
	Fitness (<mark>assessment week)</mark>	L2 – T1P1 Components of	L2 – T1P2 Principles of training	L2 – T1P2 Principles of training	L2 – T1P2 Principles of Training	L2 – T1P3 Methods of training	L2–T1P3 FITT	L2 – T2P1 Lifestyle	L2 – T2P3 SMART Targets		L2 – T3P1 Fitness Testing	L2 – T3P3 Results Analysis	L2 – T4P1 Training Program Decim	L2 – T4P1 Program Justification	L2 – T4P2 – Make changes to	L2 – T4P5 Effectiveness of	L2 – T5 Reflect on training		L2 – MOCK Coursework Prep	L2 – MOCK Coursework Prep	L2 – MOCK Coursework Prep	– External Assessmer		L2 – External Assessment	L2 – External Assessment		L2 – External Assessment	<mark>L2 – External Assessment</mark>	L2 – External Assessment		L2 – EA Improvements	L2 – EA Improvements	L2 – EA Improvements	L L2 – EA Improvements	L2 – EA Improvements		N/A	N/A	N/A	N/A	N/A	N/A	N/A			
IMPLEMENTATION	Year 11 V CERT Health and	L1 – T1P1 - Components of	L1 – T1P2 – Principles of Training	L1 – T1P2 Principles of training	L1 – T1P2 Principles of training	L1 –T1P3 Methods of training	<mark>L1 – T1P3 FITT</mark>	L1 – T2P1 PAR-Q	L1 – T2P3 SMART Targets	week	L1 – T3P1 Fitness Testing	L1 – T3P2 Practical Testing	L1 — T4P1 — Training program design	L1 – T4P1 Program Justification	L1 – T4P2 Carry out training	L1 – T4P3/4 Re-test Scores	L1 – T5 Reflect on Training Drogramme	weeks	L1 – MOCK Coursework Prep	L1 – MOCK Coursework Prep	L1 – MOCK Coursework Prep	– External Assessmer		L1 – External Assessment	L1 – External Assessment	week	L1 – External Assessment	<mark>L1 – External Assessment</mark>	L1 – External Assessment	Weeks	L1 – External Assessment	Week	N/A	N/A	N/A	N/A	N/A	N/A	N/A							
IWI	End Point	stud	ents w 1. lc lif tr 2. R cd th n 3. R m ir fi 4. D zd m fi 4. D zd m fi 6. R d sc p 7. lc	vill be lentif festyl ainin ecall ompo- neir m orma ecall netho nprov tness escrib ones, nonito reate nalysi art of nalyse ecall escrib etting rogra lentif	the difference of the differen	to: descr ors ca gramm fferen of fit ds and ata. fferen d appl ts of w to u and re he int ion. lescril s that ining p result emen impo n a tr different	nt way ness, o d analy nt train ly to th compo use tra ps as a tensity be the can b progra	e role e upor s of te descrii yse ag ning ne onents ining a way y of a differ e used mme MART e of go	n a esting be ainst s of of rent d as and T and bal	Holiday- 1	11 st	se ar de	ecall t akes u ession oprop	be ab he str up a n and io riate o ling up	le to: ucture nain a dentif exerci:	e that ctivity Ƴ	,	Holiday- 2		going E ased i					t	Holiday- 1					essme r 2019		iday- 2	On-go Assess Decen	ment	(rele	eased	in	Holiday- 1							

	 Describe the importance of a warm-up and cool-down. 						
Progress and Assessment	 Assessment will consist of: Progress will be tracked and monitored using the grading criteria as set out in the external assessment (bands 1-3) Task 1, 2, 3, 4 and 5 FAR marked, graded against the 1-3 criteria and feedback to students. 	Assessment will consist of: • Progress will be tracked and monitored using the grading criteria as set out in the external assessment (bands 1-3) Task 1, 2, 3, 4 and 5 FAR marked, graded against the 1-3 criteria and	-	Externally Assessed Pieces of work		Work is internally assessed before an EQA visit at the end of March	Any students improve thei until 31/05/2 – Externally per the feed Assessor and
Key Vocabulary/ Literacy	Each topic has key terms and vocabulary that students will need to show knowledge of to access the appropriate band for AO1 – knowledge and understanding	feedback to students. Each topic has key terms and vocabulary that students will need to show knowledge of to access the appropriate band for AO1 – knowledge and understanding	-	Each topic has key terms and vocabulary that students will need to show knowledge of to access the appropriate band for AO1 – knowledge and understanding		Each topic has key terms and vocabulary that students will need to show knowledge of to access the appropriate band for AO1 – knowledge and understanding	Each topic ha and vocabula students will show knowle access the ap band for AO knowledge a understandin
Connected Knowledge Connectives to ????? Theme/topic/yea r group? Cross-curricular themes?	Links to Unit 1 topics – (KS4) Components of fitness, principles of training, FITT, short and long term effects on the body systems. Links to practical Core PE – (Year 7-11) Fitness units focused on: testing fitness, methods of fitness, training zones, sets and reps and the effective structure of a training programme. Linked to Home learning tasks completed in Years 7,8 and 9 that fit in line with V CERT Health and Fitness specification	Links to Unit 1 topics – (KS4) Components of fitness, principles of training, FITT, short and long term effects on the body systems. Links to practical Core PE – (Year 7- 11) Fitness units focused on: testing fitness, methods of fitness, training zones, sets and reps and the effective structure of a training programme. Linked to Home learning tasks completed in Years 7,8 and 9 that fit in line with V CERT Health and Fitness specification		Links to Unit 1 topics – (KS4) Components of fitness, principles of training, FITT, short and long term effects on the body systems. Links to practical Core PE – (Year 7-11) Fitness units focused on: testing fitness, methods of fitness, training zones, sets and reps and the effective structure of a training programme. Linked to Home learning tasks completed in Years 7,8 and 9 that fit in line with V CERT Health and Fitness specification		Links to Unit 1 topics – (KS4) Components of fitness, principles of training, FITT, short and long term effects on the body systems. Links to practical Core PE – (Year 7-11) Fitness units focused on: testing fitness, methods of fitness, training zones, sets and reps and the effective structure of a training programme. Linked to Home learning tasks completed in Years 7,8 and 9 that fit in line with V CERT Health and Fitness specification	Links to Unit (KS4) Compo fitness, princ training, FITT long term eff body system Links to prac – (Year 7-11) focused on: t fitness, meth fitness, train sets and reps effective stru training prog Linked to Home completed in Ye that fit in line w Health and Fitm
Links to C+C	Demonstrate an understanding of what is meant by 'good' health and physical & mental wellbeing. Through the research done into Lifestyle Questionnaires and PARQ's. Evaluating how we can develop our levels of physical, mental health and wellbeing. – Through Lifestyle questionnaires – analysing and recommending changes made to lifestyles due to the impact it can have upon health and wellbeing.						
Links to other subjects	Food Technology – (KS3 + 4) the role of nutrients, balanced diets, portion sizes and eating habits						
Impact	 Recall knowledge and show understanding of the content covered in Unit 2 Apply knowledge and understanding to a variety of different real-life scenarios. Analyse and evaluate knowledge and understanding that develops analytical thinking to make reasoned judgements and reach conclusions about their own or a peer's performance. Demonstrate and apply technical skills and processes involved in the planning preparation for health and fitness. Manage and evaluate their own performance of planning and delivering a project. 						

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