



MacIntyre Academies Quest Academy

Upper School Long Term Health & Fitness Plans 2022 – 2023

Years 10-11

KS3						
NCFE Year 10	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	7 weeks	7 weeks	7 weeks	5 weeks	6 weeks	8 weeks
Overview:	TOPIC COVERAGE:				Objectives:	
<p>UNIT 1:</p> <p>1.1 Skeletal System 1.1.1 Structure of the skeleton 1.1.2 Functions of the skeletal system 1.1.3 Types of bones 1.1.4 Types of joints 1.1.5 Joint actions 1.1.6 Structure of a synovial joint (knee) 1.1.7 Structure of the spine and posture</p> <p>1.2 Muscular System 1.2.1 Types of muscle 1.2.2 Structure of the muscular system 1.2.3 Muscle movement and contraction 1.2.4 Muscle fibre types</p> <p>1.3 Respiratory System 1.3.1 Structure of the respiratory system 1.3.2 Functions of the respiratory system 1.3.3 Lung volumes</p> <p>1.4 Cardiovascular System 1.4.1 Structure and function of the blood vessels 1.4.2 Structure of the heart 1.4.3 The cardiac cycle 1.4.4 Cardiovascular measurements 1.4.5 Blood pressure 1.5 Energy Systems</p>	Autumn					
	<i>Autumn 1</i>		<i>Autumn 2</i>		Autumn 1	
	<p>Unit 01 Introduction to body systems and principles of training in health and Fitness</p> <p>LO1 Understand the structure and function of body systems and how they apply to health and fitness</p>		<p>Unit 01 Introduction to body systems and principles of training in health and Fitness</p> <p>LO2 Understand the effects of health and fitness activities on the body</p> <p>LO3 Understand health and fitness and the components of fitness</p> <p>LO4 Understand the principles of training</p>		<p>1.1 Skeletal System</p> <ul style="list-style-type: none"> I Can understand that the skeleton is divided into two sections I Can identify the Axial and Appendicular Skeleton I Can identify the structure of the vertebrae I can identify the regions of the vertebral column I Can locate the major bones of the skeleton I Can identify the functions of the skeleton I Can understand the types of bone in the body I Can identify the primary functions of each bone type I Can identify the types of joint in the body I Can identify the location of each type of joint in the body I Can identify the types of movement that occurs at a joint I Can understand the structure of a synovial joint I Can understand the importance of posture I Can recognise changes in posture 	
	Spring					
	<i>Spring 1</i>		<i>Spring 2</i>			
	<p>Unit 01 Introduction to body systems and principles of training in health and Fitness</p> <p>LO3 Understand health and fitness and the components of fitness</p> <p>LO4 Understand the principles of training</p>		<p>Unit 02 Preparing and planning for health and fitness</p> <p>LO1: Understand the impact of lifestyle on health and fitness</p> <p>LO2: Understand how to test and develop components of fitness</p> <p>Unit 01 Introduced Revision Booklets (On Going)</p>		<p>1.2 Muscular System</p> <ul style="list-style-type: none"> I Can understand the different types of muscle in the body I Can locate the different muscles types in the body I Can identify the functions of each muscle type in the body I Can locate the major muscles the muscles in the body I Can understand muscles work in antagonistic pairs I Can identify the Agonist and Antagonist in a muscle pair I Can identify different types of muscle contraction I Can understand the different muscle fibre types and their characteristics 	
	Summer					
	<i>Summer 1</i>		<i>Summer 2</i>			
	<p>Unit 02 Preparing and planning for health and fitness</p> <p>LO3: Understand how to apply health and fitness analysis and set goals</p>		<p>Unit 02 Preparing and planning for health and fitness</p>			

	<p>2.1 Effects of Health and Fitness Activities on the Body 2.1.1 Short-term effects of health and fitness activities 2.1.2 Long-term effects of health and fitness activities</p> <p>3.1 Health and Fitness 3.1.1 Health and fitness 3.2 Components of Fitness 3.2.1 Health-related fitness 3.2.2 Skill-related fitness</p> <p>4.1 Principles of Training 4.1.1 The principles of training</p> <p>UNIT 2:</p> <p>1.1 Lifestyle factors 1.1.1 Activity levels 1.1.2 Diet 1.1.3 Rest and recovery 1.1.4 Other factors</p> <p>2.1 Fitness Testing 2.1.1 Health-related fitness tests 2.1.2 Skill-related fitness tests 2.1.3 Using data</p> <p>2.2 Training Methods</p> <p>2.3 Optimising a Health and Fitness Programme 2.3.1 Heart rate training zones 2.3.2 Repetitions and sets</p> <p>3.1 Health and fitness analysis and goal setting 3.1.1 Health and fitness analysis tools 3.1.2 Goal setting</p>	<p>LO4: Understand the structure of a health and fitness programme and how</p>		<ul style="list-style-type: none"> • I Can understand that Type 1 and Type 2 muscle fibres are suited to different types of health and fitness activities. • I Can understand that individuals have differing numbers of Type 1 and Type 2 muscle fibres and that specific training can affect the performance of muscle fibre types. <p style="text-align: center;"><i>Autumn 2</i></p> <p>1.3 Respiratory System</p> <ul style="list-style-type: none"> • I Can understand the pathway of air through the respiratory system • I Can identify the structure of the respiratory system • I Can understand the mechanics of breathing • I Can explain the role of the intercostal muscles and diaphragm • I Can explain inspiration and expiration • I Can understand the terms diffusion and gaseous exchange • I Can understand the features of the alveoli that assist gaseous exchange • I Can explain the features of the alveoli • I Can understand lung volumes, residual volume and vital capacity <p>1.4 Cardiovascular System</p> <ul style="list-style-type: none"> • I Can understand the structure of blood vessels • I Can identify the different types of blood vessels • I Can identify the functions of a Vein • I Can identify the functions of an Artery • I Can identify the functions of a Capillary • I Can identify how blood vessel redistribute blood • I Can explain the term Vascular Shunt • I Can identify the structure of the heart • I Can identify the order of the Cardiac Cycle • I Can explain the term Heart rate • I Can explain the term Maximum heart rate (MHR) • I Can explain the term Stroke volume • I Can explain the term Cardiac output • I Can understand the two different types of blood pressure • I Can identify the factors that affect blood pressure • I Can understand the anaerobic and aerobic energy systems • I Can identify the features of the Aerobic energy system
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	<p>4.1 The structure of a Health and Fitness Programme 4.1.1 The session card 4.1.2 Warm-up/cool down 4.1.3 Main activity section</p> <p>4.2 Health and Safety</p>			<ul style="list-style-type: none"> • I Can identify the features of the Anaerobic energy system <p>2.1 Effects of Health and Fitness Activities on the Body</p> <ul style="list-style-type: none"> • I Can identify the short-term effects of exercise on the body • I Can identify why the short-term effects occur • I Can identify the long-term effects of exercise on the body • I Can identify why the long-term effects occur <p style="text-align: center;"><i>Spring</i></p> <p>1.1 Lifestyle Factors</p> <ul style="list-style-type: none"> • I Can describe lifestyle diseases related to lack of physical activity and poor diet • I Can explain the effects of a long-term sedentary lifestyle on health and well-being • I Can explain reasons why people do not take part in physical activity • I Can understand the terms active lifestyle and sedentary lifestyle • I Can identify physical activity guidelines stated by the National Health Service (NHS) • I Can give examples of moderate and vigorous activity • I Can understand the key nutrients the body needs • I Can identify what a balanced diet consists of • I Can understand how to recommend changes to a diet to support a healthy lifestyle. • I Can identify the importance of rest and recovery for health and fitness • I Can identify lifestyle factors that negatively affect health and fitness. <p>2.1 Fitness Testing</p> <ul style="list-style-type: none"> • I Can describe tests that measure components of health- and skill-related fitness • I Can describe the principles of training • I Can describe the appropriate methods of training for each of the components of fitness • I Can carry out tests to measure components of health-related fitness • I Can carry out tests to measure components of skill-related fitness • I Can assess the positives and negatives of these measures • I Can understand heart rate training zones
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				<ul style="list-style-type: none">• I Can use heart rate training zones to support individual goals on a fitness plan• I Can identify repetition and sets ranges and be able to apply them to support individual goals <p style="text-align: center;"><i>Summer</i></p> <p>3.1 Health and fitness analysis and goal setting</p> <ul style="list-style-type: none">• I Can identify health and fitness analysis tools• I Can assess data collected from health and fitness analysis tools• I Can describe the purpose of a PARQ (Physical Activity Readiness Questionnaire)• I Can assess the suitability for an individual to participate in fitness activities• I Can describe the preparation needed for a specific purpose• I Can assess an individual's base level of fitness• I Can set SMART targets related to fitness• I Can set short, medium- and long-term goals <p>4.1 The structure of a Health and Fitness Programme</p> <ul style="list-style-type: none">• I Can identify the information that should be included in a health and fitness plan• I Can identify the information that should be included in a session card• I Can identify the key components required within a health and fitness plan• I Can demonstrate appropriate preparation for the fitness programme• I Can demonstrate the techniques of warm-up and cool down• I Can carry out the fitness programme• I Can demonstrate my understanding of why different methods of training are included in the main activity of a health and fitness plan• I Can identify health and safety considerations needed for a health and fitness programme
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KS4								
NCFE Year 11	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2		
	7 weeks	7 weeks	7 weeks	5 weeks	6 weeks	8 weeks		
	Overview:	TOPIC COVERAGE:				Objectives:		
	UNIT 1: 1.1 Skeletal System 1.1.1 Structure of the skeleton 1.1.2 Functions of the skeletal system 1.1.3 Types of bones 1.1.4 Types of joints 1.1.5 Joint actions 1.1.6 Structure of a synovial joint (knee) 1.1.7 Structure of the spine and posture 1.2 Muscular System 1.2.1 Types of muscle 1.2.2 Structure of the muscular system 1.2.3 Muscle movement and contraction 1.2.4 Muscle fibre types 1.3 Respiratory System 1.3.1 Structure of the respiratory system 1.3.2 Functions of the respiratory system 1.3.3 Lung volumes 1.4 Cardiovascular System 1.4.1 Structure and function of the blood vessels 1.4.2 Structure of the heart 1.4.3 The cardiac cycle 1.4.4 Cardiovascular measurements 1.4.5 Blood pressure 1.5 Energy Systems 2.1 Effects of Health and Fitness Activities on the Body	Autumn				Autumn 1		
		Autumn 1		Autumn 2				
		Unit 01 Revision / Recap to body systems and principles of training in health and Fitness LO1 Understand the structure and function of body systems and how they apply to health and fitness		Unit 01 Revision / Recap to body systems and principles of training in health and Fitness LO2 Understand the effects of health and fitness activities on the body LO3 Understand health and fitness and the components of fitness LO4 Understand the principles of training		1.1 Skeletal System <ul style="list-style-type: none"> I Can understand that the skeleton is divided into two sections I Can identify the Axial and Appendicular Skeleton I Can identify the structure of the vertebrae I Can identify the regions of the vertebral column I Can locate the major bones of the skeleton I Can identify the functions of the skeleton I Can understand the types of bone in the body I Can identify the primary functions of each bone type I Can identify the types of joint in the body I Can identify the location of each type of joint in the body I Can identify the types of movement that occurs at a joint I Can understand the structure of a synovial joint I Can understand the importance of posture I Can recognise changes in posture 		
		Spring						
		Spring 1			Spring 2			
		Unit 01 Revision / Recap to body systems and principles of training in health and Fitness Unit 1 Exam Prep (1st Sit – November 16th 2022) External Synoptic Project Release (December 2022)			Unit 02 Preparing and planning for health and fitness LO1: Understand the impact of lifestyle on health and fitness LO2: Understand how to test and develop components of fitness			
		Summer						
Summer 1			Summer 2					
Unit 02 Preparing and planning for health and fitness LO3: Understand how to apply health and fitness analysis and set goals LO4: Understand the structure of a health and fitness programme and how to prepare safely			Unit 02 Preparing and planning for health and fitness Unit 1 Exam (2nd Sit – March 9th 2023) External Synoptic Project Hand In (March 2023)			1.2 Muscular System <ul style="list-style-type: none"> I Can understand the different types of muscle in the body I Can locate the different muscles types in the body I Can identify the functions of each muscle type in the body I Can locate the major muscles the muscles in the body I Can understand muscles work in antagonistic pairs I Can identify the Agonist and Antagonist in a muscle pair I Can identify different types of muscle contraction I Can understand the different muscle fibre types and their characteristics I Can understand that Type 1 and Type 2 muscle fibres are suited to different types of health and fitness activities. I Can understand that individuals have differing numbers of Type 1 and Type 2 muscle fibres and 		

<p>2.1.1 Short-term effects of health and fitness activities 2.1.2 Long-term effects of health and fitness activities</p> <p>3.1 Health and Fitness 3.1.1 Health and fitness 3.2 Components of Fitness 3.2.1 Health-related fitness 3.2.2 Skill-related fitness</p> <p>4.1 Principles of Training 4.1.1 The principles of training</p> <p>UNIT 2:</p> <p>1.1 Lifestyle factors 1.1.1 Activity levels 1.1.2 Diet 1.1.3 Rest and recovery 1.1.4 Other factors</p> <p>2.1 Fitness Testing 2.1.1 Health-related fitness tests 2.1.2 Skill-related fitness tests 2.1.3 Using data</p> <p>2.2 Training Methods</p> <p>2.3 Optimising a Health and Fitness Programme 2.3.1 Heart rate training zones 2.3.2 Repetitions and sets</p> <p>3.1 Health and fitness analysis and goal setting 3.1.1 Health and fitness analysis tools 3.1.2 Goal setting</p> <p>4.1 The structure of a Health and Fitness Programme 4.1.1 The session card 4.1.2 Warm-up/cool down 4.1.3 Main activity section</p>	<p>Revision and Coursework throughout Summer 1 & 2</p>	<p>Revision and Coursework throughout Summer 1 & 2</p>	<p>that specific training can affect the performance of muscle fibre types.</p> <p style="text-align: center;"><i>Autumn 2</i></p> <p>1.3 Respiratory System</p> <ul style="list-style-type: none"> • I Can understand the pathway of air through the respiratory system • I Can identify the structure of the respiratory system • I Can understand the mechanics of breathing • I Can explain the role of the intercostal muscles and diaphragm • I Can explain inspiration and expiration • I Can understand the terms diffusion and gaseous exchange • I Can understand the features of the alveoli that assist gaseous exchange • I Can explain the features of the alveoli • I Can understand lung volumes, residual volume and vital capacity <p>1.4 Cardiovascular System</p> <ul style="list-style-type: none"> • I Can understand the structure of blood vessels • I Can identify the different types of blood vessels • I Can identify the functions of a Vein • I Can identify the functions of an Artery • I Can identify the functions of a Capillary • I Can identify how blood vessel redistribute blood • I Can explain the term Vascular Shunt • I Can identify the structure of the heart • I Can identify the order of the Cardiac Cycle • I Can explain the term Heart rate • I Can explain the term Maximum heart rate (MHR) • I Can explain the term Stroke volume • I Can explain the term Cardiac output • I Can understand the two different types of blood pressure • I Can identify the factors that affect blood pressure • I Can understand the anaerobic and aerobic energy systems • I Can identify the features of the Aerobic energy system • I Can identify the features of the Anaerobic energy system <p>2.1 Effects of Health and Fitness Activities on the Body</p>
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4.2 Health and Safety

- I Can identify the short-term effects of exercise on the body
- I Can identify why the short-term effects occur
- I Can identify the long-term effects of exercise on the body
- I Can identify why the long-term effects occur

Spring

1.1 Lifestyle Factors

- I Can describe lifestyle diseases related to lack of physical activity and poor diet
- I Can explain the effects of a long-term sedentary lifestyle on health and well-being
- I Can explain reasons why people do not take part in physical activity
- I Can understand the terms active lifestyle and sedentary lifestyle
- I Can identify physical activity guidelines stated by the National Health Service (NHS)
- I Can give examples of moderate and vigorous activity
- I Can understand the key nutrients the body needs
- I Can identify what a balanced diet consists of
- I Can understand how to recommend changes to a diet to support a healthy lifestyle.
- I Can identify the importance of rest and recovery for health and fitness
- I Can identify lifestyle factors that negatively affect health and fitness.

2.1 Fitness Testing

- I Can describe tests that measure components of health- and skill-related fitness
- I Can describe the principles of training
- I Can describe the appropriate methods of training for each of the components of fitness
- I Can carry out tests to measure components of health-related fitness
- I Can carry out tests to measure components of skill-related fitness
- I Can assess the positives and negatives of these measures
- I Can understand heart rate training zones
- I Can use heart rate training zones to support individual goals on a fitness plan
- I Can identify repetition and sets ranges and be able to apply them to support individual goals

Summer

3.1 Health and fitness analysis and goal setting

- I Can identify health and fitness analysis tools
- I Can assess data collected from health and fitness analysis tools
- I Can describe the purpose of a PARQ (Physical Activity Readiness Questionnaire)
- I Can assess the suitability for an individual to participate in fitness activities
- I Can describe the preparation needed for a specific purpose
- I Can assess an individual's base level of fitness
- I Can set SMART targets related to fitness
- I Can set short, medium- and long-term goals

4.1 The structure of a Health and Fitness Programme

- I Can identify the information that should be included in a health and fitness plan
- I Can identify the information that should be included in a session card
- I Can identify the key components required within a health and fitness plan
- I Can demonstrate appropriate preparation for the fitness programme
- I Can demonstrate the techniques of warm-up and cool down
- I Can carry out the fitness programme
- I Can demonstrate my understanding of why different methods of training are included in the main activity of a health and fitness plan
- I Can identify health and safety considerations needed for a health and fitness programme
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