

**V-CERT Health & Fitness Mapping**

DATE	YEAR 10		DATE	YEAR 11	
	Theory Lesson	Practical Lesson		Theory Lesson	Practical Lesson
Week 1	Structure of the Skeletal system	Skeletal System Practical	Week 1	VCERT Exam Revision Unit 1.1 - 1.5	Synoptic Project Practice Development
Week 2	Functions of the Skeletal System	Skeletal System Practical	Week 2	VCERT Exam Revision Unit 1.1 - 1.5	Synoptic Project Practice Development
Week 3	Types of Bones	Skeletal System Practical	Week 3	VCERT Exam Revision Unit 1.1 - 1.5	Synoptic Project Practice Development
Week 4	Joints	Skeletal System Practical	Week 4	VCERT Exam Revision Unit 1.1 - 1.5	Synoptic Project Practice Development
Week 5	Joint Actions	Skeletal System Practical	Week 5	VCERT Exam Revision Unit 1.1 - 1.5	Synoptic Project Practice Development
Week 6	Structure of Synovial Joint	Skeletal System Practical	Week 6	VCERT Exam Revision Unit 1.1 - 1.5	Synoptic Project Practice Development
Week 7	Structure of the Spine & Posture	Revision Lesson	Week 7	VCERT Exam Revision Unit 1.1 - 1.5	Synoptic Project Practice Development
Week 8	<b>End of Unit Exam</b>	<b>Exam Feedback Lesson</b>	Week 8	VCERT Exam Revision Unit 1.1 - 1.5	Synoptic Project Practice Development
<b>OCT HALF TERM</b>					
Week 9	Structure of the muscular system	Muscular System Practical	Week 9	VCERT Exam Revision Unit 1.1 - 1.5	Synoptic Project Practice Development
Week 10 (No Sports Hall)	Types of Muscle	Muscular System Practical	Week 10	VCERT Exam Revision Unit 1.1 - 1.5	Synoptic Project Practice Development
Week 11 (No Sports Hall)	Antagonistic Pairs	Muscular System Practical	Week 11	<b>Mock Exam Week</b>	
Week 12	Types of Muscle Contraction	Muscular System Practical	Week 12	<b>Synoptic Project Final</b>	<b>Synoptic Project Final</b>
Week 13	Muscle Fibre Types	Muscular System Practical	Week 13	<b>Synoptic Project Final</b>	<b>Synoptic Project Final</b>
Week 14	Revision	Muscular System Practical	Week 14	<b>Synoptic Project Final</b>	<b>Synoptic Project Final</b>
Week 15 (No Sports Hall)	Revision	Revision	Week 15	<b>Synoptic Project Final</b>	<b>Synoptic Project Final</b>
Week 16 (No Sports Hall)	<b>End of Unit Exam</b>	<b>Exam Feedback Lesson</b>	Week 16	<b>Synoptic Project Final</b>	<b>Synoptic Project Final</b>
<b>WINTER HOLIDAYS</b>					
Week 17	Structure & Function of RS	Respiratory System Practical	Week 17	<b>Synoptic Project Final</b>	<b>Synoptic Project Final</b>
Week 18	Gaseous Exchange & Alveoli functions	Respiratory System Practical	Week 18	<b>Synoptic Project Final</b>	<b>Synoptic Project Final</b>
Week 19	Lung Volumes	Revision	Week 19	<b>Synoptic Project Final</b>	<b>Synoptic Project Final</b>
Week 20	<b>End of Unit Exam</b>	<b>Exam Feedback Lesson</b>	Week 20	<b>Synoptic Project Final</b>	<b>Synoptic Project Final</b>
Week 21	Structure & Function of B. Vessels	Cardiovascular System Practical	Week 21	<b>Synoptic Project Final</b>	<b>Synoptic Project Final</b>
<b>FEB HALF TERM</b>					
Week 22	Structure of the Heart	Cardiovascular System Practical	Week 22	<b>Synoptic Project Final</b>	<b>Synoptic Project Final</b>
Week 23 (No Sports Hall)	Structure & Vascular Shunting	Cardiovascular System Practical	Week 23	<b>Synoptic Project Final</b>	<b>Synoptic Project Final</b>
Week 24 (No Sports Hall)	Cardiac Cycle	Heart dissection	Week 24	<b>Synoptic Project Final</b>	<b>Synoptic Project Final</b>
Week 25	Cardiovascular Measurements	Cardiovascular System Practical	Week 25	VCERT Exam Revision Unit 1.1 - 1.5	VCERT Exam Revision Unit 1.1 - 1.5
Week 26	Blood pressure & Factors affecting it	Cardiovascular System Practical	Week 26	VCERT Exam Revision Unit 1.1 - 1.5	VCERT Exam Revision Unit 1.1 - 1.5
Week 27	Energy Systems	Revision	Week 27	VCERT Exam Revision Unit 1.1 - 1.5	VCERT Exam Revision Unit 1.1 - 1.5
<b>SPRING HOLIDAYS</b>					
Week 28	<b>End of Unit Exam</b>	<b>Exam Feedback Lesson</b>	Week 28	VCERT Exam Revision Unit 1.1 - 1.5	VCERT Exam Revision Unit 1.1 - 1.5
Week 29	Defining Health and fitness & Rel	Fitness Testing	Week 29	VCERT Exam Revision Unit 1.1 - 1.5	VCERT Exam Revision Unit 1.1 - 1.5
Week 30	Health related components	Fitness Testing	Week 30	VCERT Exam Revision Unit 1.1 - 1.5	VCERT Exam Revision Unit 1.1 - 1.5
Week 31	Skill Related components	Health & fitness Practical	Week 31	VCERT Exam Revision Unit 1.1 - 1.5	VCERT Exam Revision Unit 1.1 - 1.5
Week 32 (No Sports Hall)	Principles of Training and FITT	Health & fitness Practical	Week 32	<b>VCERT EXAM</b>	
Week 33 (No Sports Hall)	Long & Short Term effects of Exercise	Health & fitness Practical	Week 33		
<b>MAY HALF TERM</b>					
Week 34 (No Sports Hall)	Revision	Revision	Week 34	<b>VCERT EXAM</b>	
Week 35 (No Sports Hall)	<b>Mock Exam Week</b>		Week 35		
Week 36 (No Sports Hall)	Synoptic Project practice	Synoptic Project practice	Week 36	<b>Student Finished</b>	
Week 37	Synoptic Project practice	Synoptic Project practice	Week 37		
Week 38	Synoptic Project practice	Synoptic Project practice	Week 38		
Week 39	Synoptic Project practice	Synoptic Project practice	Week 39		
Week 40	Synoptic Project practice	Synoptic Project practice	Week 40		