

## V-CERT Health & Fitness Mapping

DATE	YEAR 10		DATE	YEAR 11		
	Lesson 1	Lesson 2		Lesson 1	Lesson 2	Lesson 3
Week 1	Structure of the Skeletal system	Skeletal System Practical	Week 1	VCERT Exam Revision Unit 1.1 - 1.5	Synoptic Project practice	Synoptic Project practice
Week 2	Functions of the Skeletal System	Skeletal System Practical	Week 2	VCERT Exam Revision Unit 1.1 - 1.5	Synoptic Project practice	Synoptic Project practice
Week 3	Types of Bones	Skeletal System Practical	Week 3	VCERT Exam Revision Unit 1.1 - 1.5	Synoptic Project practice	Synoptic Project practice
Week 4	Types of Joints	Skeletal System Practical	Week 4	VCERT Exam Revision Unit 1.1 - 1.5	Synoptic Project practice	Synoptic Project practice
Week 5	Joint Actions	Skeletal System Practical	Week 5	VCERT Exam Revision Unit 1.1 - 1.5	Synoptic Project practice	Synoptic Project practice
Week 6	Structure of Synovial Joint	Skeletal System Practical	Week 6	VCERT Exam Revision Unit 1.1 - 1.5	Synoptic Project practice	Synoptic Project practice
Week 7	Structure of the Spine & Posture	Revision Lesson	Week 7	VCERT Exam Revision Unit 1.1 - 1.5	Synoptic Project practice	Synoptic Project practice
Week 8	Revision Lesson	Revision Lesson	Week 8	VCERT Exam Revision Unit 1.1 - 1.5	Synoptic Project practice	Synoptic Project practice
<b>OCT HALF TERM</b>						
Week 9 (No Sports Hall)	<b>End of Unit Exam</b>	<b>Exam Feedback Lesson</b>	Week 9 (No Sports Hall)	<b>Mock Exam Week</b>		
Week 10 (No Sports Hall)	Structure of the muscular system	Types of Muscle	Week 10 (No Sports Hall)			
Week 11	Muscular System Practical	Muscular System Practical	Week 11	Synoptic Project Final	Synoptic Project Final	Synoptic Project Final
Week 12	Antagonistic Pairs	Muscular System Practical	Week 12	Synoptic Project Final	Synoptic Project Final	Synoptic Project Final
Week 13 (No Sports Hall)	Types of Muscle Contraction	Muscular System Practical	Week 13 (No Sports Hall)	Synoptic Project Final	Synoptic Project Final	Synoptic Project Final
Week 14 (No Sports Hall)	Muscle Fibre Types	Revision Lesson	Week 14 (No Sports Hall)	Synoptic Project Final	Synoptic Project Final	Synoptic Project Final
Week 15 (No Sports Hall)	<b>End of Unit Exam</b>	<b>Exam Feedback Lesson</b>	Week 15 (No Sports Hall)	Synoptic Project Final	Synoptic Project Final	Synoptic Project Final
<b>WINTER HOLIDAYS</b>						
Week 16	Structure of the Respiratory system	Respiratory System Practical	Week 17	Synoptic Project Final	Synoptic Project Final	Synoptic Project Final
Week 17	Function of the Respiratory system	Respiratory System Practical	Week 18	Synoptic Project Final	Synoptic Project Final	Synoptic Project Final
Week 18	Gaseous exchange & Alveoli functions	Respiratory System Practical	Week 19	Synoptic Project Final	Synoptic Project Final	Synoptic Project Final
Week 19	Lung Volumes	Respiratory System Practical	Week 20	Recap 1.1 Types of Joints	Recap 1.2 Antagonistic Pairs	Recap 1.3 Lung Volumes
Week 20	Revision Lesson	Revision Lesson	Week 21	Recap 1.1 Structure of Synovial Joint	Recap 1.2 Types of Muscle Contraction	Recap 1.4 Blood redistribution
Week 21	<b>End of Unit Exam</b>	<b>Exam Feedback Lesson</b>	Week 21	Recap 1.1 Joint Actions	Recap 1.2 Muscle Fibre Types	Recap 1.4 Cardiovascular Measurements
<b>FEB HALF TERM</b>						
Week 22	Structure of the heart	Structure & Function of B. Vessels	Week 22	VCERT Exam Revision Unit 1.1 - 1.5	VCERT Exam Revision Unit 1.1 - 1.5	VCERT Exam Revision Unit 1.1 - 1.5
Week 23 (No Sports Hall)	Blood redistribution- vascular shunting	Blood pressure & Factors affecting it	Week 23 (No Sports Hall)	<b>Mock Exam Week</b>		
Week 24 (No Sports Hall)	Cardiac Cycle	Heart dissection	Week 24 (No Sports Hall)			
Week 25	Cardiovascular Measurements	Aerobic vs Anaerobic	Week 25	VCERT Exam Revision Unit 1.1 - 1.5	VCERT Exam Revision Unit 1.1 - 1.5	VCERT Exam Revision Unit 1.1 - 1.5
Week 26	Revision Lesson	Revision Lesson	Week 26	VCERT Exam Revision Unit 1.1 - 1.5	VCERT Exam Revision Unit 1.1 - 1.5	VCERT Exam Revision Unit 1.1 - 1.5
<b>SPRING HOLIDAYS</b>						
Week 27	<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	VCERT Exam Revision Unit 1.1 - 1.5
Week 28	Defining Health and fitness & Rel	Skill Related components	Week 29	VCERT Exam Revision Unit 1.1 - 1.5	VCERT Exam Revision Unit 1.1 - 1.5	VCERT Exam Revision Unit 1.1 - 1.5
Week 29	Health related components	Fitness Testing	Week 30	VCERT Exam Revision Unit 1.1 - 1.5	VCERT Exam Revision Unit 1.1 - 1.5	VCERT Exam Revision Unit 1.1 - 1.5
Week 30 (No Sports Hall)	Principles of Training and FITT	Fitness Testing	Week 30 (No Sports Hall)	VCERT Exam Revision Unit 1.1 - 1.5	VCERT Exam Revision Unit 1.1 - 1.5	VCERT Exam Revision Unit 1.1 - 1.5
Week 31 (No Sports Hall)	Long & Short Term effects of Exercise	Fitness Testing	Week 31 (No Sports Hall)	VCERT Exam Revision Unit 1.1 - 1.5	VCERT Exam Revision Unit 1.1 - 1.5	VCERT Exam Revision Unit 1.1 - 1.5
Week 32 (No Sports Hall)	Diet	Fitness Testing	Week 32 (No Sports Hall)	<b>VCERT EXAM</b>		
Week 33 (No Sports Hall)	Rest & Recovery	Fitness Testing	Week 33 (No Sports Hall)			
<b>MAY HALF TERM</b>						
Week 34 (No Sports Hall)	Revision	Revision	Week 34 (No Sports Hall)	<b>VCERT EXAM</b>		
Week 35 (No Sports Hall)	<b>Mock Exam Week</b>		Week 35 (No Sports Hall)			
Week 36 (No Sports Hall)	Synoptic Project practice	Synoptic Project practice	Week 36 (No Sports Hall)	<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			