

V-CERT Health & Fitness Mapping Year 10 & 11							
Week	Year 10		Week	Year 10			Key
	Lesson 1	Lesson 2		Lesson 1	Lesson 2	Lesson 3	
Week 1	1.1 Structure of the Skeletal system	2.3 Interval Training	Week 1	1.1-1.5 VCERT Exam Revision Unit	3.1 Synoptic Project practice	3.1 Synoptic Project practice	1.1 Skeletal system
Week 2	1.1 Functions of the Skeletal System	2.3 Circuit Training	Week 2	1.1-1.5 VCERT Exam Revision Unit	3.1 Synoptic Project practice	3.1 Synoptic Project practice	
Week 3	1.1 Types of Bones	2.3 Fartlek Training	Week 3	1.1-1.5 VCERT Exam Revision Unit	3.1 Synoptic Project practice	3.1 Synoptic Project practice	
Week 4	1.1 Types of Joints	2.3 Weight Training	Week 4	1.1-1.5 VCERT Exam Revision Unit	3.1 Synoptic Project practice	3.1 Synoptic Project practice	1.2 Muscular System
Week 5	1.1 Joint Actions	2.3 Plyometric Training	Week 5	1.1-1.5 VCERT Exam Revision Unit	3.1 Synoptic Project practice	3.1 Synoptic Project practice	
Week 6	1.1 Structure of Synovial Joint	2.3 Continuous Training	Week 6	1.1-1.5 VCERT Exam Revision Unit	3.1 Synoptic Project practice	3.1 Synoptic Project practice	
Week 7	1.1 Structure of the Spine & Posture	1.1 Revision Lesson	Week 7	1.1-1.5 VCERT Exam Revision Unit	3.1 Synoptic Project practice	3.1 Synoptic Project practice	1.4 Cardiovascular System
Week 8	1.1 Revision Lesson	1.1 Revision Lesson	Week 8	1.1-1.5 VCERT Exam Revision Unit	3.1 Synoptic Project practice	3.1 Synoptic Project practice	
OCT HALF TERM							1.5 Fitness
Week 9 (No Sports Hall)	End of Unit Exam	Exam Feedback Lesson	Week 9 (No Sports Hall)	Mock Exam Week			
Week 10 (No Sports Hall)	1.2 Structure of the muscular system	1.2 Types of Muscle	Week 10 (No Sports Hall)				2.1 Preparing Health & Fitness
Week 11	1.2 Muscular System Practical	2.4 Fitness Testing	Week 11	Synoptic Project Final	Synoptic Project Final	Synoptic Project Final	
Week 12	1.2 Antagonistic Pairs	2.4 Fitness Testing	Week 12	Synoptic Project Final	Synoptic Project Final	Synoptic Project Final	
Week 13 (No Sports Hall)	1.2 Types of Muscle Contraction	2.4 Fitness Testing	Week 13 (No Sports Hall)	Synoptic Project Final	Synoptic Project Final	Synoptic Project Final	2.2 Health & Fitness Programmes
Week 14 (No Sports Hall)	1.2 Muscle Fibre Types	1.2 Revision Lesson	Week 14 (No Sports Hall)	Synoptic Project Final	Synoptic Project Final	Synoptic Project Final	
Week 15 (No Sports Hall)	End of Unit Exam	Exam Feedback Lesson	Week 15 (No Sports Hall)	Synoptic Project Final	Synoptic Project Final	Synoptic Project Final	
WINTER HOLIDAYS							2.4 Fitness Testing
Week 16	1.3 Structure of the Respiratory system	2.2 Health & Fitness Programmes	Week 17	Synoptic Project Final	Synoptic Project Final	Synoptic Project Final	
Week 17	1.3 Function of the Respiratory system	2.2 Health & Fitness Programmes	Week 18	Synoptic Project Final	Synoptic Project Final	Synoptic Project Final	
Week 18	1.3 Gaseous exchange & Alveoli functions	2.2 Health & Fitness Programmes	Week 19	Synoptic Project Final	Synoptic Project Final	Synoptic Project Final	3.1 Synoptic Project
Week 19	1.3 Lung Volumes	Respiratory System Practical	Week 20	1.1 Recap Types of Joints	1.2 Recap Antagonistic Pairs	1.3 Recap Lung Volumes	
Week 20	1.3 Revision Lesson	1.3 Revision Lesson	Week 21	1.1 Recap Structure of Synovial Joint	1.2 Recap Types of Muscle Contraction	1.4 Recap Blood redistribution	
Week 21	End of Unit Exam	Exam Feedback Lesson	Week 21	1.1 Recap Joint Actions	1.2 Recap Muscle Fibre Types	1.4 Recap Cardiovascular Measurements	
FEB HALF TERM							
Week 22	1.4 Structure of the heart	1.4 Structure & Function of B. Vessels	Week 22	1.1-1.5 VCERT Exam Revision Unit	1.1-1.5 VCERT Exam Revision Unit	1.1-1.5 VCERT Exam Revision Unit	
Week 23 (No Sports Hall)	1.4 Blood redistribution- vascular shunting	1.4 Blood pressure & Factors affecting it	Week 23 (No Sports Hall)	Mock Exam Week			
Week 24 (No Sports Hall)	1.4 Cardiac Cycle	1.4 Heart dissection	Week 24 (No Sports Hall)				
Week 25	1.4 Cardiovascular Measurements	1.4 Aerobic vs Anaerobic	Week 25	1.1-1.5 VCERT Exam Revision Unit	1.1-1.5 VCERT Exam Revision Unit	1.1-1.5 VCERT Exam Revision Unit	
Week 26	1.4 Revision Lesson	1.4 Revision Lesson	Week 26	1.1-1.5 VCERT Exam Revision Unit	1.1-1.5 VCERT Exam Revision Unit	1.1-1.5 VCERT Exam Revision Unit	
SPRING HOLIDAYS							
Week 27	End of Unit Exam	Exam Feedback Lesson	Week 27	1.1-1.5 VCERT Exam Revision Unit	1.1-1.5 VCERT Exam Revision Unit	1.1-1.5 VCERT Exam Revision Unit	
Week 28	1.5 Defining Health and fitness & Rel	1.5 Skill Related components	Week 28	1.1-1.5 VCERT Exam Revision Unit	1.1-1.5 VCERT Exam Revision Unit	1.1-1.5 VCERT Exam Revision Unit	
Week 29	1.5 Health related components	2.4 Fitness Testing	Week 29	1.1-1.5 VCERT Exam Revision Unit	1.1-1.5 VCERT Exam Revision Unit	1.1-1.5 VCERT Exam Revision Unit	
Week 30 (No Sports Hall)	1.5 Principles of Training and FITT	2.4 Fitness Testing	Week 30 (No Sports Hall)	1.1-1.5 VCERT Exam Revision Unit	1.1-1.5 VCERT Exam Revision Unit	1.1-1.5 VCERT Exam Revision Unit	
Week 31 (No Sports Hall)	1.5 Long & Short Term effects of Exercise	2.4 Fitness Testing	Week 31 (No Sports Hall)	1.1-1.5 VCERT Exam Revision Unit	1.1-1.5 VCERT Exam Revision Unit	1.1-1.5 VCERT Exam Revision Unit	
Week 32 (No Sports Hall)	2.1 Diet	2.1 Activity Levels & Heart Rate	Week 32 (No Sports Hall)	VCERT EXAM			
Week 33 (No Sports Hall)	2.1 Rest & Recovery	2.1 SMART Goals	Week 33 (No Sports Hall)				
MAY HALF TERM							
Week 34 (No Sports Hall)	1.1-1.5 VCERT Exam Revision Unit	1.1-1.5 VCERT Exam Revision Unit	Week 34 (No Sports Hall)	VCERT EXAM			
Week 35 (No Sports Hall)	Mock Exam Week		Week 35 (No Sports Hall)				
Week 36 (No Sports Hall)	Synoptic Project practice	Synoptic Project practice	Week 36 (No Sports Hall)	Student Finished			
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				