

# HEALTH & FITNESS



## YEAR 10

		Skeletal System	
<b>Autumn</b>	<b>Composites</b>	<ul style="list-style-type: none"> <li>• Structure of skeletal system</li> <li>• Function of the skeletal system</li> <li>• Types of bones</li> <li>• Joints</li> <li>• Joint actions</li> <li>• Synovial joints</li> <li>• Structure of the spine</li> <li>• Posture</li> </ul>	<b>Key Vocabulary</b> <ul style="list-style-type: none"> <li>• <b>Axial skeleton</b> Cranium, sternum, ribs, vertebrae</li> <li>• <b>Appendicular skeleton</b> Clavicle, scapula, humerus, radius, ulna, carpals, metacarpals, tarsals, metatarsals, pelvis, femur, tibia, fibula, phalanges</li> <li>• <b>Types of Bones</b> Long, short, flat, irregular, sesamoid</li> <li>• <b>Types of Joints</b> Fixed Slightly moveable Synovial (pivot, saddle, condyloid, gliding, hinge, ball &amp; socket)</li> <li>• <b>Joint Actions</b> Flexion, extension, rotation, abduction, adduction, plantarflexion, dorsiflexion</li> <li>• <b>Structure of Synovial Joint</b> Articulating cartilage, ligaments, tendons, synovial membrane, synovial fluid, joint capsule</li> <li>• <b>Structure of Spine</b> Cervical, thoracic, lumbar, sacrum, coccyx</li> <li>• <b>Posture</b> Kyphosis, lordosis. Scoliosis</li> </ul>
	<b>Assessment</b>	<ul style="list-style-type: none"> <li>• <b>Progress Test – Skeletal System</b> Following same structure as NCFE H&amp;F exam paper</li> </ul>	



Muscular & Respiratory Systems				
<b>Spring</b>	<b>Composites – Muscular System</b>	<b>Composites – Respiratory System</b>	<b>Key Vocabulary – Muscular System</b>	<b>Key Vocabulary – Respiratory System</b>
	<ul style="list-style-type: none"> <li>Types of Muscle</li> <li>Structure of muscular system</li> <li>Muscle movement</li> <li>Muscle contractions</li> <li>Muscle fibre types</li> <li>Performance of muscle fibres</li> </ul>	<ul style="list-style-type: none"> <li>Structure of respiratory system</li> <li>Function of respiratory system</li> <li>Diffusion</li> <li>Respiratory measurements</li> <li>Respiratory changes</li> </ul>	<ul style="list-style-type: none"> <li><b>Types of Muscle</b> Cardiac, smooth, skeletal</li> <li><b>Structure of muscular system</b> Deltoid, trapezius, latissimus dorsi, pectorals, biceps, abdominals, obliques, quadriceps, hamstrings, gastrocnemius, gluteal, hip flexors, tibialis anterior</li> <li><b>Muscle Movement</b> Agonist, antagonist, origin, insertion</li> <li><b>Muscle Contractions</b> Isotonic, concentric, eccentric, isometric</li> </ul>	<ul style="list-style-type: none"> <li><b>Structure of Respiratory</b> Trachea, lungs, bronchi, bronchioles, alveoli, pharynx, larynx, ribs, diaphragm, intercostal muscles</li> <li>Diffusion, gaseous exchange</li> <li><b>Respiratory Measurements</b> Breathing rate, tidal volume, vital capacity, inspiratory reserve volume, expiratory reserve volume, residual volume</li> </ul>
	<b>Assessment</b> <ul style="list-style-type: none"> <li><b>Progress Test – Skeletal, muscular and respiratory systems</b> Following same structure as NCFE H&amp;F exam paper</li> </ul>			
Cardiovascular, Energy Systems & Effects of Health & Fitness Activities on the Body				
<b>Spring</b>	<b>Composites – Cardiovascular System &amp; Energy Systems</b>	<b>Composites – Effects of Health &amp; Fitness on the Body</b>	<b>Key Vocabulary – Cardiovascular &amp; Energy Systems</b>	<b>Key Vocabulary – Effects of Health &amp; Fitness Activities on the Body</b>
	<ul style="list-style-type: none"> <li>Blood vessels</li> <li>Blood redistribution</li> <li>Structure of heart</li> <li>Cardiac cycle</li> <li>Cardiovascular measurements</li> <li>Blood pressure</li> <li>Energy systems</li> </ul>	<ul style="list-style-type: none"> <li>Short term effects of health and fitness activities</li> <li>Long term effects of health and fitness activities</li> </ul>	<ul style="list-style-type: none"> <li><b>Structure &amp; Function of the Blood Vessels</b> Veins, arteries, capillaries</li> <li><b>Blood Redistribution</b> Vascular shunt, vasodilation, vasoconstriction</li> <li><b>Structure of the Heart</b></li> </ul>	<ul style="list-style-type: none"> <li>DOMS</li> <li>Hydration</li> <li>Overexertion</li> <li>Nausea</li> <li>Cardiac &amp; muscle hypertrophy</li> <li>Fatigue</li> <li>Endomorph</li> </ul>



<b>Summer</b>	<b>Assessment</b> <ul style="list-style-type: none"> <li><b>Progress Test – Skeletal, muscular, respiratory, cardiovascular &amp; energy systems</b> Following same structure as NCFE H&amp;F exam paper</li> </ul>	Atrium, ventricles, pulmonary vein, pulmonary artery, aorta, vena cava, bicuspid, tricuspid, aortic, pulmonary, septum	<ul style="list-style-type: none"> <li>Ectomorph</li> <li>Mesomorph</li> </ul>
	<b>Components of Fitness, Principles of Training &amp; Testing Components of Fitness</b>		
	<b>Composites</b> <ul style="list-style-type: none"> <li>Understanding health &amp; fitness</li> <li>Components of fitness</li> <li>Health related components of fitness</li> <li>Skill related fitness</li> <li>Principles of training</li> <li>Principles of overload (FITT)</li> <li>Health related fitness tests</li> <li>Skill related fitness tests</li> <li>Using data</li> <li>Validity &amp; reliability</li> </ul>	<b>Key Vocabulary</b> <ul style="list-style-type: none"> <li>Body composition</li> <li>Cardiovascular endurance</li> <li>Flexibility</li> <li>Muscular endurance</li> <li>Muscular strength</li> <li>Agility</li> <li>Balance</li> <li>Coordination</li> <li>Power</li> <li>Reaction Time</li> <li>Speed</li> <li>Specificity</li> </ul>	<ul style="list-style-type: none"> <li>Progression</li> <li>Overload</li> <li>Reversibility</li> <li>Tedium</li> <li>Frequency</li> <li>Intensity</li> <li>Time</li> <li>Type</li> <li>Validity</li> <li>Reliability</li> </ul>
<b>Assessment</b> Y10 mock covering all content to date			

<b>Summer</b>	<b>Developing Components of Fitness and Impact of Lifestyle on Health &amp; Fitness</b>		
	<b>Composites</b> <ul style="list-style-type: none"> <li>Training methods</li> <li>Optimising a health &amp; fitness programme</li> <li>Heart rate training zones</li> <li>Repetitions and tests</li> <li>Lifestyle factors</li> <li>Activity levels</li> <li>Diet</li> </ul>	<b>Key Vocabulary</b> <ul style="list-style-type: none"> <li>Interval</li> <li>Circuit</li> <li>Fartlek</li> <li>Continuous</li> <li>Plyometric</li> <li>Flexibility</li> <li>Maximum heart rate</li> </ul>	<ul style="list-style-type: none"> <li>Protein</li> <li>Minerals</li> <li>Fibre</li> <li>Hydration</li> <li>Dehydration</li> </ul>



	<ul style="list-style-type: none"> <li>• Rest &amp; recovery</li> <li>• Other factors</li> </ul>	<ul style="list-style-type: none"> <li>• Aerobic</li> <li>• Anaerobic</li> <li>• Sedentary lifestyle</li> <li>• Vigorous</li> <li>• Fat</li> <li>• Carbohydrate</li> </ul>	
	<p><b>Assessment</b> Practical assessment of performing methods of training</p>		
	<h2>Applying Health &amp; Fitness Analysis Tools, Goal Setting &amp; Structuring Health &amp; Fitness Programmes</h2>		
	<p><b>Composites</b></p> <ul style="list-style-type: none"> <li>• Health &amp; fitness analysis</li> <li>• Health &amp; fitness analysis tools</li> <li>• Collecting, using, analysing &amp; evaluating data</li> <li>• Goal setting</li> <li>• Structure of health &amp; fitness programme</li> <li>• Components of a health &amp; fitness programme</li> <li>• Health &amp; safety</li> <li>• Warm ups</li> <li>• Cool downs</li> <li>• Main activity session</li> <li>• Reviewing the activity session</li> <li>• Timescales &amp; goal setting</li> </ul>	<p><b>Key Vocabulary</b></p> <ul style="list-style-type: none"> <li>• Lifestyle analysis</li> <li>• PAR-Q – Physical activity readiness questionnaire</li> <li>• Repetitions</li> <li>• Sets</li> <li>• Intensity</li> <li>• Mobilise</li> <li>• SMART – specific, measurable, achievable, realistic, time</li> </ul>	
	<p><b>Assessment</b> Practical assessment of planning and delivery a training programme</p>		



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