

HEALTH & FITNESS



YEAR 11

Autumn	<p>Synoptic Project – Mock</p> <p>Task 1 – Fitness Assessment of Client</p> <p>Task 2 – General Assessment of Client</p> <p>Task 3 – Setting Appropriate Goals</p>	
	<p>Composites</p> <p>Task 1</p> <ul style="list-style-type: none"> • Health and fitness and the components of fitness • Testing and developing components of fitness <p>Task 2</p> <ul style="list-style-type: none"> • Impact of lifestyle on health and fitness • Applying health and fitness analysis and setting goals <p>Task 3</p> <ul style="list-style-type: none"> • Health and fitness and the components of fitness • Applying health and fitness analysis and goal setting 	<p>Key Vocabulary</p> <ul style="list-style-type: none"> • Body composition • Cardiovascular endurance • Flexibility • Muscular endurance • Muscular strength • Agility • Balance • Coordination • Power • Reaction Time • Speed • Specificity • Lifestyle analysis • PAR-Q – Physical activity readiness questionnaire
	<p>Assessment</p> <p>Task 1</p> <ul style="list-style-type: none"> • Completion of two fitness tests • Comparing results to normative data <p>Task 2</p> <ul style="list-style-type: none"> • Analysing lifestyle questionnaires <p>Task 3</p> <ul style="list-style-type: none"> • Description on the importance of goal and setting two goals 	



Synoptic Project – Mock

Task 4a – Development of a Health and Fitness Training Programme

Task 4b – Development of a Diet Plan

Task 6 – Review and Evaluation

Composites

Task 4a

- Principles of training
- Testing and developing components of fitness
- Structure of a health and fitness programme and how to prepare safely

Task 4b

- Impact of Lifestyle on Health and Fitness

Task 6

- Review and Evaluation

Assessment

Task 4a

- Design a four week training programme with three sessions a week

Task 4b

- Write a 1 week diet plan and justify plan

Task 6

- Completion of two fitness tests
- Comparing pre and post fitness test results

Key Vocabulary

- Progression
- Overload
- Reversibility
- Tedium
- Frequency
- Intensity
- Time
- Type
- Interval
- Circuit
- Fartlek
- Continuous
- Plyometric
- Flexibility
- Maximum heart rate
- Aerobic
- Anaerobic
- Sedentary lifestyle
- Vigorous
- Fat
- Carbohydrate
- Protein
- Minerals
- Fibre
- Hydration
- Dehydration
- Repetitions
- Sets
- Intensity
- Mobilise



Spring	Synoptic Project – Real Task 1 – Fitness Assessment of Client Task 2 – General Assessment of Client Task 3 – Setting Appropriate Goals	
	Composites Task 1 <ul style="list-style-type: none">• Health and fitness and the components of fitness• Testing and developing components of fitness Task 2 <ul style="list-style-type: none">• Impact of lifestyle on health and fitness• Applying health and fitness analysis and setting goals Task 3 <ul style="list-style-type: none">• Health and fitness and the components of fitness• Applying health and fitness analysis and goal setting	Key Vocabulary <ul style="list-style-type: none">• Body composition• Cardiovascular endurance• Flexibility• Muscular endurance• Muscular strength• Agility• Balance• Coordination• Power• Reaction Time• Speed• Specificity• Lifestyle analysis• PAR-Q – Physical activity readiness questionnaire
	Assessment Task 1 <ul style="list-style-type: none">• Completion of two fitness tests• Comparing results to normative data Task 2 <ul style="list-style-type: none">• Analysing lifestyle questionnaires Task 3 <ul style="list-style-type: none">• Description on the importance of goal and setting two goals	
Synoptic Project – Real Task 4a – Development of a Health and Fitness Training Programme		



Task 4b – Development of a Diet Plan Task 6 – Review and Evaluation

	<h3>Task 4b – Development of a Diet Plan Task 6 – Review and Evaluation</h3>		
	<p>Composites</p> <p>Task 4a</p> <ul style="list-style-type: none"> Principles of training Testing and developing components of fitness Structure of a health and fitness programme and how to prepare safely <p>Task 4b</p> <ul style="list-style-type: none"> Impact of Lifestyle on Health and Fitness <p>Task 6</p> <ul style="list-style-type: none"> Review and Evaluation 	<p>Key Vocabulary</p> <ul style="list-style-type: none"> Progression Overload Reversibility Tedium Frequency Intensity Time Type Interval Circuit Fartlek Continuous Plyometric 	<ul style="list-style-type: none"> Flexibility Maximum heart rate Aerobic Anaerobic Sedentary lifestyle Vigorous Fat Carbohydrate Protein Minerals Fibre Hydration Dehydration Repetitions Sets Intensity Mobilise
	<p>Assessment</p> <p>Task 4a</p> <ul style="list-style-type: none"> Design a four week training programme with three sessions a week <p>Task 4b</p> <ul style="list-style-type: none"> Write a 1 week diet plan and justify plan <p>Task 6</p> <ul style="list-style-type: none"> Completion of two fitness tests Comparing pre and post fitness test results 		



Exam Revision		
Summer	Composites <ul style="list-style-type: none">• Structure and function of body systems• Effects of health and fitness activities on the body• Health and fitness and the components of fitness• Principles of Training• Testing and developing components of Fitness• Applying Health and Fitness Analysis and Setting Goals• Structure of a Health and Fitness Programme and How to Prepare Safely	Key Vocabulary <ul style="list-style-type: none">• All vocabulary listed previously
	Assessment <ul style="list-style-type: none">• Past exam papers	