

FERNDOWN UPPER SCHOOL PHYSICAL EDUCATION DEPARTMENT LONG TERM PLAN

TERM	WK NO	WK 1 OR 2	Year 11 VCERT Health & Fitness	Year 10 VCERT Health & Fitness	Year 9 VCERT Health & Fitness
AUT 1	1	1	Unit 2 Synoptic Analysis preparation & revision for potential exam retakes	Structure & Functions of skeletal system / Types of bones recap	
	2	2	Unit 2 Synoptic Analysis preparation & revision for potential exam retakes	Types of joint / joint actions / structure of spine and synovial joint	
	3	1	Unit 2 Synoptic Analysis preparation & revision for potential exam retakes	Types of joint / joint actions / structure of spine and synovial joint	
	4	2	Unit 2 Synoptic Analysis preparation & revision for potential exam retakes	Types of muscle	
	5	1	Unit 2 Synoptic Analysis preparation & revision for potential exam retakes	Structure of the muscular system	
	6	2	Unit 2 Synoptic Analysis preparation & revision for potential exam retakes	Muscle movement & contraction	
	7	1	Unit 2 Synoptic Analysis preparation & revision for potential exam retakes	Muscle fibre types	
October	October	October HALF TERM			
AUT 2	8	2	Unit 2 Synoptic Analysis preparation & revision for potential exam retakes	ASSESSMENT 2	
	9	1	Unit 2 Synoptic Analysis preparation & revision for potential exam retakes	Structure of the Respiratory system	
	10	2	Unit 2 Synoptic Analysis preparation & revision for potential exam retakes	Functions of the respiratory system	
	11	1	Unit 2 Synoptic Analysis preparation & revision for potential exam retakes	Lung volumes	
	12	2	Unit 2 Synoptic Analysis preparation & External exam (retake)	ASSESSMENT 3	
	13	1	Unit 2 Synoptic Analysis preparation	Structure and function of the blood vessels	
	14	2	Unit 2 Synoptic Analysis preparation	Structure of the heart	
15	1	Unit 2 Synoptic Analysis preparation	The cardiac cycle		
Christmas	Christma	Christmas Break			
SPR 1	16	2	Unit 2 Synoptic assessment	Cardiovascular measurements	
	17	1	Unit 2 Synoptic assessment	Blood Pressure / ASSESSMENT 4	
	18	2	Unit 2 Synoptic assessment	Energy Systems	
	19	1	Unit 2 Synoptic assessment	Short-term effects of health and fitness	
	20	2	Unit 2 Synoptic assessment	Long-term effects of health and fitness	
	21	1	Unit 2 Synoptic assessment deadline	Health and Fitness	
February	February	February HALF TERM			
SPR	22	2	Practical choices like the examples given in the year 10 core curriculumn	Health-related Fitness	
	23	1	Practical choices like the examples given in the year 10 core curriculumn	Skill-related Fitness	
	24	2	Practical choices like the examples given in the year 10 core curriculumn	Revision & ASSESSMENT 5	
	25	1	Practical choices like the examples given in the year 10 core curriculumn	Revision	
	26	2	Practical choices like the examples given in the year 10 core curriculumn	Revision	

2	27	1	Practical choices like the examples given in the year 10 core curriculumn	Walk/Talk mock & External Exam	
Easter	Easter		Easter Break		
SUM 1	28	2		Practical lessons completing fitness plan	
	29	1		Practical lessons completing fitness plan	
	30	2		Practical lessons completing fitness plan	
	31	1		Practical lessons completing fitness plan	
	32	2		Practical lessons completing fitness plan	
May HALF	May		May HALF TERM		
SUM 2	33	1		Practical lessons completing fitness plan	Structure of the skeleton
	34	2		Unit 2 Synoptic Analysis preparation	Functions of the skeletal system
	35	1		Unit 2 Synoptic Analysis preparation	Types of bones
	36	2		Unit 2 Synoptic Analysis preparation	Types of Joints
	37	1		Unit 2 Synoptic Analysis preparation	Joint actions
	38	2		Unit 2 Synoptic Analysis preparation	Structure of a synovial joint (knee)
	39	1		Unit 2 Synoptic Analysis preparation	Structure of the spine and posture / ASSESSMENT 1
Notes	NOTES		Notes Students will have two practical lessons and two theory lessons during theory lessons they will prepare for their external exam in year 10 and their coursework project, which is sent out to centres in year 11 during December	Notes Students will have two practical lessons and two theory lessons during theory lessons they will prepare for their external exam in year 10 and their coursework project, which is sent out to centres in year 11 during December	Notes Students will have two practical lessons and two theory lessons during theory lessons they will prepare for their external exam in year 10 and their coursework project, which is sent out to centres in year 11 during December

