



Subject: VCERT Health and Fitness

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Course Content Covered	Content still to be covered
<p><u>Unit 1</u></p> <ul style="list-style-type: none">1.1 Skeletal System1.2 Muscular System1.3 Respiratory System1.4 Cardiovascular System1.5 Energy Systems2.1 Effects of Health and fitness3.1 Health and Fitness3.2 Components of fitness4.1 Principles of Training	<p><u>Unit 2</u></p> <ul style="list-style-type: none">1.1 Lifestyle Factors2.1 Fitness Testing2.2 Training Methods2.3 Optimising a Health and fitness Programme3.1 Health and fitness analysis

Believe, Strive, Succeed

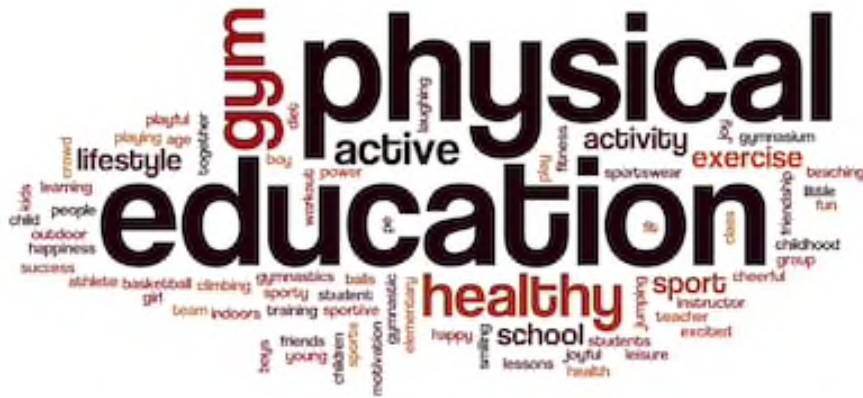
Corinthians 1:12:12 'the body is one and has many members, and all the members of the body, though many, are one body'

Exam Requirements

How it's assessed

1 exam lasting 1 hour 30 minutes worth 40%

Internally assessed coursework worth 60%



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How can parents support?

- Ensure they have sufficient notes on all topics.
- Test them regularly on what they know.
- Ask them about assessments and how they have performed.
- Ensure they revise at least 2 hours a week



Google Classroom

Online learning platforms/useful websites

Google classroom

Theeverlearner.com



The EverLearner

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Key information (Upcoming assessment etc.)

All information about course and assessments is placed on Google classroom.

Trial exams to take place in November – Information relating to these exams will be shared with students in the lead up so that they can fully prepare.



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