

Hewett Academy Curriculum Summary 2020-2021 - Core PE

	Autumn I	Autumn II	Spring I	Spring II	Summer I	Summer II
Year 7	Athletics/ tennis	Swimming / Hockey	Health & fitness / X Country	Mini Tennis /Bball Badminton/Athletics	Athletics Cricket	Tennis / Rounders / Cricket
	Warm up / Cool down / Muscles		Short & Long term effects of exercise - Cardiovascular, Muscular		Components of fitness Health and Skill related	
Year 8	Athletics/ tennis	Swimming / Hockey	Health & fitness / X Country	Mini Tennis /Bball Bball / Athletics	Athletics Athletics / Cricket	Tennis / Rounders / Cricket
	Fitness Testing		Methods of Training		Bones, Muscles and Movement	
Year 9	Athletics/ tennis	Swimming / Hockey	Health & fitness / X Country	Mini Tennis /Bball Bball / Athletics	Athletics Athletics / Cricket	Tennis / Rounders / Cricket
	Principles of Training		Cardio - respiratory system		Diet & Nutrition	
Year 10	Athletics/ tennis	Dodgeball / Hockey	Health & fitness / X Country	Mini Tennis /Bball Athletics	Athletics Athletics / Cricket	Tennis / Rounders / Cricket
	Health And Fitness		Nutrition		Body Confidence	
Year 11	Aerobics/ Tennis	Swimming / Hockey	Health & fitness / X Country	Mini Tennis / Basketball	GCSE EXAMS	
	Leadership		Analysis & Feedback			

Hewett Academy Curriculum Summary 2020-2021 - Health and Fitness V-Cert (Current yr 10)



	Autumn I	Autumn II	Spring I	Spring II	Summer I	Summer II
Year 10	UNIT 1 Skeletal System Muscular System Respiratory System	UNIT 1 Cardiovascular System Effects of exercise Energy Systems	UNIT 1 Component of fitness Principles of Training Exam 1st attempt	UNIT 2 Impact of lifestyle on health and Fitness	UNIT 2 Test and develop components for fitness and	UNIT 2 Setting and analysing health and fitness goals Exam results released
Year 11	UNIT 1 Recap and Revision UNIT 2 Structure a health and fitness programme and prepare safely.	UNIT 2 Recap, Revision and preparation for SA Exam 2nd attempt	UNIT 2 Synoptic Assessment (21 hours / 7 weeks)	UNIT 2 Synoptic assessment feedback and second submission	GCSE EXAMS	

Hewett Academy Curriculum Summary 2020-2021 - Health and Fitness V-Cert (Current Year 11)



	Autumn I	Autumn II	Spring I	Spring II	Summer I	Summer II
Year 10	Skeletal System	Muscular System	Respiratory System	Cardiovascular System	Effects of exercise	Energy Systems
Year 11	Skeletal System/ Muscular System/ Respiratory System	Cardiovascular System/ Effects of exercise/ Energy Systems	Principles of training/ Preparation for exercise/ Nutrition		GCSE EXAMS	

Hewett Academy Curriculum Summary 2020-2021 - Health and Social Care (Current Year 10)



	Autumn I	Autumn II	Spring I	Spring II	Summer I	Summer II
Year 10	<p>R022 Communicating and Working with individuals in care settings. Centre-assessed tasks OCR-moderated Approx. 10 hours – 60 marks (60 UMS).</p>		<p>R021 Essential values of care for use with individuals in care settings Written paper OCR set and marked 1 hour – 60 marks (60 UMS) Learners answer all questions.</p>		<p>Exam 1st entry June R021 Essential values of care for use with individuals in care settings</p> <p>R023: Understanding body systems and disorders Centre-assessed tasks OCR-moderated Approx. 10 hours – 60 marks (60 UMS)</p>	
Year 11	<p>R029: Understanding the nutrients for good health Centre-assessed tasks OCR-moderated Approx. 10 hours – 60 marks (60 UMS)</p>		<p>Exam 2nd Entry January R021 Essential values of care for use with individuals in care settings Written paper OCR set and marked 1 hour – 60 marks (60 UMS) Learners answer all questions.</p>		<p>Exam resits Assignment Catch up for final moderation of assignments June moderation window.</p>	<p>GCSE EXAMS</p>

Hewett Academy Curriculum Summary 2020-2021 - Health and Social Care (Current Year 11)



	Autumn I	Autumn II	Spring I	Spring II	Summer I	Summer II
Year 10				<p>R022 Communicating and Working with individuals in care settings. Centre-assessed tasks OCR-moderated Approx. 10 hours – 60 marks (60 UMS).</p> <p>R021 Essential values of care for use with individuals in care settings Written paper OCR set and marked 1 hour – 60 marks (60 UMS) Learners answer all questions.</p>		
Year 11	<p>R023: Understanding body systems and disorders Centre-assessed tasks OCR-moderated Approx. 10 hours – 60 marks (60 UMS)</p> <p>R031: Using basic first aid procedures Centre-assessed tasks OCR-moderated Approx. 10 hours – 60 marks (60 UMS)</p>				<p>GCSE EXAMS</p>	