

How to Revise Week

Question-a-day and 20 minute Revision tasks
March & April 2024

Subject:

Health and Fitness



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	NOTES:
27th March What are the 3 different somatypes (body types)?	28th March What is meant by a healthy diet?	29th March What is Health? How does physical activity improve health?	30th March What is obesity? How does it impact your performance and lifestyle?	31st March What are the different type of bones? Give an example for each	1st April What are the different types of joints? Give an example of each joint on the body.	2nd April Draw the pathway of blood through the heart using the box system	
3rd April Explain 3 Immediate effects of exercise on the body	4th April Explain 3 short term effects of exercise on the body	5th April Explain 3 long term effects of exercise on the body	6th April Explain what the multistage fitness test measures and give a sports performer who could use it.	7th April Explain what the vertical jump test measures and give a sports performer who could use it.	8th April Explain what the site and reach fitness test measures and give a sports performer who could use it.	9th April What is the purpose of a warm up and explain the process of how to warm up.	
10th April What is the purpose of a cool down and explain the process of how to warm up.	11th April Explain 3 ways you can recover from exercise and prevent injury.	12th April Describe the 6 functions of the skeleton	13th April Outline the structure of the spine or label a diagram of the spine	14th April Explain what it means by antagonistic muscle contractions and give 3 examples.	15th April Explain the process of gaseous exchange.	16th April Explain the principles of training. SPORT	
17th April Explain the principles of overload FITT	20 minute revision task 1 Draw a circuit to improve strength	20 minute revision task 2 Create a session to improve cardiovascular endurance using a suitable training type	20 minute revision task 3 Effect of Exercise Sheet.	20 minute revision task 4 Label the major bones in the body			

Subject: Health and Fitness

Exam Board: NCFE

**Mock exam Paper:
Time – 1hr 30 minutes
Marks – 80 Marks**

Topic to Revise:

Content areas
1. Structure and function of body systems
1.1 Skeletal system
1.1.1 Structure of the skeleton
1.1.2 Functions of the skeletal system
1.1.3 Types of bones
1.1.4 Types of joints
1.1.5 Joint actions
1.1.6 Structure of a synovial joint
1.1.7 Structure of the spine
1.1.8 Posture
1.2 Muscular system
1.2.1 Types of muscle
1.2.2 Structure of the muscular system
1.2.3 Muscle movement
1.2.4 Muscle contractions
1.2.5 Muscle fibre types
1.2.6 Performance of muscle fibres
1.3 Respiratory system
1.3.1 Structure of the respiratory system
1.3.2 Functions of the respiratory system
1.3.3 Diffusion and gaseous exchange
1.3.4 Respiratory measurements
1.3.5 Respiratory changes
1.4 Cardiovascular system
1.4.1 Structure and function of the blood vessels
1.4.2 Blood redistribution
1.4.3 Structure of the heart
1.4.4 The cardiac cycle
1.4.5 Cardiovascular measurements
1.4.6 Blood pressure
1.5 Energy systems

2. Effects of health and fitness activities on the body
2.1 Effects of health and fitness activities on the body
2.1.1 Short-term effects of health and fitness activities (during and/or up to 36 hours after)
2.1.2 Long-term effects of health and fitness activities (over 36 hours and up to months after)
3. Health and fitness and the components of fitness
3.1 Understanding health and fitness
3.2 Components of fitness
3.2.1 Health-related fitness
3.2.2 Skill-related fitness
4. Principles of training
4.1 Principles of training
4.1.1 Understanding the principles of training
4.1.2 Principles of overload (FITT)
5. Testing and developing components of fitness
5.1 Fitness testing
5.1.1 Health-related fitness tests

Content areas
5.1.2 Skill-related fitness tests
5.1.3 Using data
5.1.4 Validity and reliability
5.2 Training methods
5.3 Optimising a health and fitness programme
5.3.1 Heart rate training zones
5.3.2 Repetitions and sets
6. Impact of lifestyle on health and fitness
6.1 Lifestyle factors
6.1.1 Activity levels
6.1.2 Diet
6.1.3 Rest and recovery
6.1.4 Other factors
7. Applying health and fitness analysis and setting goals
7.1 Health and fitness analysis and goal setting
7.1.1 Health and fitness analysis tools
7.1.2 Collecting, using, analysing and evaluating data
7.1.3 Goal setting
8. Structure of a health and fitness programme and how to prepare safely
8.1 The structure of a health and fitness training programme
8.1.1 Components of a health and fitness programme
8.1.2 Health and safety
8.1.3 The session plan
8.1.4 Warm-up/cool-down
8.1.5 Main activity section
8.1.6 Reviewing the activity session
8.2 Timescales and goal setting