

# Mortimer DONE

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# PE Department Year 11 NCFE Health and Fitness – Curriculum Map



Complete the NCFE Health and Fitness Level 2 award.



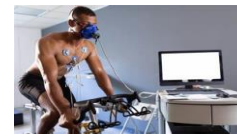
## Exit Route

- Gain employment in the sport industry.
- Further education at College/Sixth Form.



## Exam Revision

Revision tasks covering all content leading up to the exam date.



## Exam

Worth 40% of total grade awarded.

## Summer Term

### 8.2 Timescales and goal setting

Key components of a training program design such as healthy and safety, warmup/cool down, session plan, main activity design, reviewing and goal setting.



## Spring Term

### Synoptic Assessment

Assessment project worth 60% of total grade awarded. This will be focusing on planning and evaluating a training programme for an athlete identified in the assignment brief.



## Autumn Term

### Welcome Back

- Revisit course expectations.
- Outline remaining assessment – exam, synoptic assessment.



### 8.1 Structure of a health and fitness training programme

Key components of a training program design such as healthy and safety, warmup/cool down, session plan, main activity design, reviewing and goal setting.



FREE Download with Daily Videos

01 Full Body HIIT 20 Minutes	02 Arms + Abs Drop Set 45 Minutes	03 Lower Body Strength 30 Minutes	04 Cardio Tabata HIIT 10: Lower Abs 10:20 Minutes	05 Barre Blend 30 Minutes	06 Full Body Strength 30 Minutes	07 Rest Day Full Body Stretch
08 Full Body Pilates Workout 45 Minutes	09 Back Workout - Glutes + Hamstrings 25:30 Minutes	10 Best Body Building Exercises 30 Minutes	11 Rest Day HIIT Cardio + Abs 30 Minutes	12 Yoga Sculpt 30 Minutes	13 No Repeats HIIT 20:30 Minutes	14 Rest Day Full Body Stretch
15 Full Body HIIT + Strength 35 Minutes	16 Dumbbell Arm Workout 30 Minutes	17 Resistance Band Legs 30 Minutes	18 Rest Day HIIT Cardio + Abs 30 Minutes	19 Cardio Barre Kickboxing 45 Minutes	20 Full Body HIIT Cardio + Abs 20:30 Minutes	21 Rest Day Full Body Stretch
22 Full Body Circuit 30 Minutes	23 Chest Workout - Triceps + Abs 25:35 Minutes	24 Legs + Core Abs 30 Minutes	25 Rest Day HIIT Cardio Tabata HIIT 10: Lower Abs 10:20 Minutes	26 Cardio Barre 45 Minutes	27 Full Body HIIT Pyramids 20 Minutes	28 Rest Day Full Body Stretch

NOURISH MOVE LOVE

Your NCFE Health and Fitness journey continues here ...

### Assist with the running of School Sports Day

- Use your sports knowledge to assist with the school sports day.
- Officiating and running charity and athletics events.

### 7.1 Health and fitness analysis and goal setting

Collecting and analysing data to set goals.



### 6.1 Lifestyle factors

Identification of diet, rest and recovery and lifestyle habits impact sports performance.

### 5.3 Optimising a health and fitness programme

- Identifying and measuring levels of intensity.



### 5.2 Training Methods

- Practical application of various ways to train the body for optimal performance.

### 5.1 Fitness Testing

Fitness testing and protocols for health and skill related components of fitness.



Summer Term

### 3.1 Understanding Health and Fitness

- Components of health and skill related fitness



Spring Term

### 1.4 Cardiovascular System

- Structure and function of the cardiovascular system including heart and blood vessels.
- Cardiovascular measurements and blood pressure.
- Energy Systems.



### 1.3 Respiratory System

- Structure and function of the respiratory system, gaseous exchange, respiratory measurements and adaptations made over time.



Autumn Term

### Introduction to NCFE Health and Fitness.

- What is NCFE Health and Fitness?
- Course Expectations.
- Course breakdown.



### 1.1 Skeletal system

Structure and function of the skeletal system, movement, joint types and posture.



### 1.2 Muscular System

Muscle structure and function and how muscles create movement.

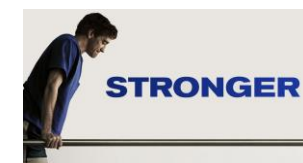


- 1st year of the course is complete.
- Content covered for synoptic assessment and Exam.



### 4.1 Principles of training

- Identifying the principles of training including overload.



### 2.1 Effects of Health and Fitness activities on the body

Short and long term effects of exercise on the human body.



**Your NCFE Level 1/2 course starts here ...**