



Exit Route

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



PE Department

Year 11 NCFE Health and Fitness – Curriculum Map



Complete the NCFE Health and Fitness Level 2 award.

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.

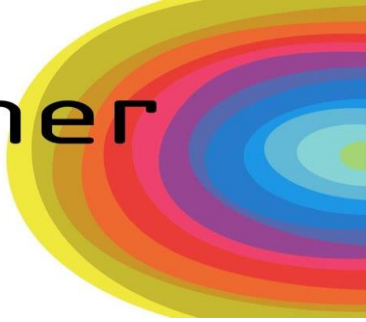


8.1 Structure of a health and fitness training programme

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



Your NCFE Health and Fitness journey continues here ...



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



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.

5.1 Fitness Testing

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

5.2 Training Methods

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



5.3 Optimising a health and fitness programme

- Identifying and measuring levels of intensity.

Summer Term

3.1 Understanding Health and Fitness

- Components of health and skill related fitness



Spring Term

2.1 Effects of Health and Fitness activities on the body

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

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.



Welcome!

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

4.1 Principles of training

- Identifying the principles of training including overload.

