

Subject: Physical Education	Components of NCFE L1/2 Health and Fitness		Composite	Mission statement
	What new knowledge do we introduce?		What do students do with this knowledge	By the end of year 11 a Sybil Andrews NCFE student will...
	Year 10	Year 11		
Autumn 1 <i>September - October</i>	<p>Structure and Function of body Systems</p> <ul style="list-style-type: none"> • Skeletal System <ul style="list-style-type: none"> - Structure of the skeleton - Functions of the skeletal system - Types of bones - Types of joints - Joint actions - Structure of a synovial joint - Structure of the spine - Posture • Muscular System <ul style="list-style-type: none"> - Types of muscle - Structure of the muscular system - Muscle movement - Muscle contractions - Muscle fibre types - Performance of muscle fibres • Respiratory system <ul style="list-style-type: none"> - Structure of the respiratory system - Functions of the respiratory system 	<p>Applying Health and Fitness analysis, and setting goals Structure of a health and fitness programme and how to prepare safely</p> <ul style="list-style-type: none"> • Health and fitness analysis and setting goals <ul style="list-style-type: none"> - Health and fitness analysis tools - Collecting, using, analysing and evaluating data - Goal setting (SMART Targets) • How to plan a fitness programme <ul style="list-style-type: none"> - Components of a health and fitness programme - Health and safety - The session plan - Warm-up/cool-down - Main activity section - Reviewing the activity session - Timescales and goal setting 	<p>This qualification will promote students understanding of the structure and function of body systems, the effects of health and fitness activities on the body, health and fitness and the components of fitness, the principles of training, the impact of lifestyle on health and fitness, testing and developing components of fitness, health and fitness analysis and setting goals, planning, developing and taking part in a health and fitness programme and understanding how to prepare safely.</p> <p>Students will also learn how to adapt their own ideas and responding to feedback, evaluating their</p>	<p>Achieve a qualification in NCFE L1/2 Health and Fitness</p> <p>Students will develop the following skills that will inform future training and work in the health and fitness sector: decision making, observation, resourcefulness, problem solving, planning, evaluation, reflection, interpersonal skills, professional behaviours and the respect and appreciation of others</p>

Curriculum Overview - NCFE

	<ul style="list-style-type: none"> - Diffusion and gaseous exchange - Respiratory measurements - Respiratory changes 		<p>own work, analysing data and making decisions, skills that are essential for the health and fitness sector, such as fitness evaluation skills, responding to health data, independent working, working to deadlines and efficient use of resources.</p>
<p>Autumn 2 <i>November - December</i></p>	<p>Structure and Function of body Systems</p> <ul style="list-style-type: none"> • Respiratory System – Continuation of above • Cardiovascular System <ul style="list-style-type: none"> - Structure and function of the blood vessels - Blood redistribution - Structure of the heart - The cardiac cycle - Cardiovascular measurements - Blood pressure • Energy Systems <ul style="list-style-type: none"> - Aerobic and anaerobic system 	<p>Synoptic Project</p> <p>External set-controlled assessment released in September. Students need to apply their knowledge from Year 10 and 11 to complete.</p>	
<p>Spring 1 <i>January - February</i></p>	<p>Health and Fitness and components of Fitness</p> <ul style="list-style-type: none"> • Short Term and Long-Term effects of Health and Fitness on the body <ul style="list-style-type: none"> - Short Term during and up to 36 hours after - Long term 36 hours after and up to months after • Understanding of health and fitness 	<p>Synoptic Project</p> <p>External set-controlled assessment released in September. Students need to apply their knowledge from Year 10 and 11 to complete.</p>	

Curriculum Overview - NCFE

	<ul style="list-style-type: none"> - Difference between health and fitness - Health-related fitness - Skill-related fitness 			
<p>Spring 2 <i>March - April</i></p>	<p>Principles of Training and Testing</p> <ul style="list-style-type: none"> • Principles of training <ul style="list-style-type: none"> - Understanding the principles of training - Principles of overload • Understand the different types of fitness test <ul style="list-style-type: none"> - Health-related fitness tests - Skill-related fitness tests • Use of Data <ul style="list-style-type: none"> - What is normative data - Validity and reliability 	<p>Synoptic Project and Revision</p> <p>External set-controlled assessment released in September. Students need to apply their knowledge from Year 10 and 11 to complete.</p>		
<p>Summer 1 <i>April - May</i></p>	<p>Testing and developing the components of fitness</p> <ul style="list-style-type: none"> • Types of Training Methods • Optimising health and fitness programme <ul style="list-style-type: none"> - Heart rate training zones - Repetitions and sets 	<p>Synoptic Project and Revision</p> <p>External set-controlled assessment released in September. Students need to apply their knowledge from Year 10 and 11 to complete.</p>		

<p>Summer 2 <i>June - July</i></p>	<p>Impact of lifestyle on health and Fitness</p> <ul style="list-style-type: none"> • Lifestyle factors - Activity levels - Diet - Rest and recovery 	<p>Synoptic Project and Revision</p> <p>External set-controlled assessment released in September. Students need to apply their knowledge from Year 10 and 11 to complete.</p>		
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Rationale for these specific components and composite outcomes:

Students follow the NCFE course. Students will sit and externally assessed exam and a external set controlled assessment in which they have to apply the knowledge from the course.

How is challenge embedded into the KS4 curriculum?

Lessons are carefully planned to ensure that all students can fulfil their full potential. Students can access the full range of grades and we have high expectations that all students achieve the highest possible outcomes.

How does the KS4 curriculum above build on prior knowledge from KS3 and adequately prepare the student for KS5?

The NCFE builds on the fully comprehensive curriculum at KS3 that gives students an introduction into the importance of maintain a healthy active lifestyle. The course allows students to master a range of transferable skills such as evaluating, making appropriate decisions and problem solving which will allow them to access a range of level 3 courses in this area.