

Curriculum Intent – Health and Fitness

The NCFE Level 1/2 Technical Award in Health and Fitness is designed to provide learners with a broad and balanced introduction to the health and fitness sector. Our intent is to deliver a curriculum that is both vocationally relevant and academically rigorous, enabling students to develop the knowledge, skills, and understanding necessary to make informed decisions about their own health and fitness, and to explore future career opportunities in the sector.

This qualification empowers learners to:

- Understand the structure and function of body systems and how they respond to physical activity.
- Explore the principles of training, including FITT and overload, and apply them to real-world scenarios.
- Develop competence in fitness testing, data analysis, and programme planning.
- Investigate the impact of lifestyle choices on health and fitness, including diet, rest, and recovery.
- Apply their learning through a synoptic project, demonstrating their ability to plan and evaluate a health and fitness programme tailored to individual needs.

The curriculum is structured to promote active learning, critical thinking, and independent project work, preparing students for progression to further study, apprenticeships, or employment in roles such as fitness instructor, personal trainer, or health assistant.

Year	Knowledge (Topics /Contexts) What pupils will ' know '.	Skills acquired What pupils will be able to ' do '.	Concepts developed What pupils will ' understand '.	Assessment (KPIs)
10 Term 1	Body systems and the effect of the health and fitness on these body systems. To include: - Skeletal system - Muscular system - Respiratory system - Cardiovascular system - Energy Systems	Pupils in Year 10 will improve their skills in the following areas: - adapting their own ideas and responding to feedback - in evaluating their own work - conducting and implementing fitness tests - independent working - working to deadlines and efficient use of resources -how to conduct the fitness tests for all the components of fitness	- Students will understand the structures and functions of the muscular and skeletal systems and their specific roles when completing health and fitness activities. - Students will understand the structures and functions of the respiratory and cardiovascular systems and their specific roles when completing health and fitness activities. - Students will understand the effects exercise has on each body system	End of topic tests. Skeletal system Muscular system Respiratory system Cardiovascular system Energy Systems
10 Term 2	What is meant by the terms Health and fitness and how these terms link together. Components of fitness and fitness testing Training methods and Principles of training Impact of lifestyle on health and fitness	-How to use the principles of training to plan a training programme which will improve their own or a client's fitness levels. -How to implement lifestyle analysis tools such a writing questionnaires and PAR-Qs -How to analyse data -Interpret various data on heart rates. -How to adapt a training programme to apply the principles of training	- Students will understand how applying the principles of training can improve the different components of fitness. - Students will understand how to the different training methods would be applied to improve specific components of fitness - Pupils will understand how to analyse results and compare to normative data. - Pupils will understand how to set SMART goals	End of topic tests Health and fitness/Components of fitness/ Fitness testing. Principles of training. Impact of lifestyle on Health and Fitness. Health and Fitness analysis and setting goals.

10 Term 3	How to structure of a health and fitness programme and nutrition plan applying the principles of training.	See above	Pupils will understand how to use their health and fitness analysis to design a fitness programme and nutrition plan. Pupils will understand how to apply the principles of training to their programme. Pupils will understand how to justify their choices behind their ideas. Pupils will understand the importance in reviewing and reflecting on their own work. Evaluating their own programmes.	Structure of a health and fitness programme/safety. End of unit tests Mock NEA
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11 Term 1	Pupils will be completing their NEA this term having learnt all the content in year 10	Completing their NEA will involve students being able to do the following: Using knowledge & Understanding • Understanding of the content areas (body systems, training principles, etc.) • How different factors (lifestyle, fitness components, etc.) affect health & fitness Application • Applying fitness tests / fitness components to specific contexts • Analysing data (fitness/lifestyle analysis) • Setting goals based on analysis Planning & Designing • Planning a health & fitness programme appropriate to goals / safety • Preparing safely Evaluation / Justification • Justifying choices (why a certain test, why particular programme) • Evaluating whether goals are realistic / what constraints or modifications might be needed	Pupils will understand how to apply their knowledge and understanding to a scenario set by the exam board.	NEA (60% of the overall grade)

Year	Knowledge (Topics /Contexts) What pupils will ' know '.	Skills acquired What pupils will be able to ' do '.	Concepts developed What pupils will ' understand '.	Assessment (KPIs)
		Skills • Literacy & communication: clear writing, use of technical terminology • Use of appropriate research / evidence • Time management, meeting deadlines, structure and organisation of the project		
11 Term 2/3a	Completion of NEA Revision for Exam	Pupils will complete their NEA using the skills stated above. Pupils will practice past paper questions and work on exam technique to prepare them for terminal assessment .	Pupils will use knowledge and understanding from Year 10 and apply that to their NEA and for their exam.	NEA (60% of overall grade) EA (40% of overall grade)