

NCFE Health and Fitness - Year 10

Term	Units of Study	Curriculum Guidelines	Assessment objectives
Autumn 1	Principles of health and fitness	<ul style="list-style-type: none"> Pupils should get involved in a range of activities that develops personal fitness and promotes and active, healthy lifestyle 	1.1 Explain the terms 'health' and 'fitness' 1.2 Describe the benefits of exercise 1.3 Describe the health-related components of fitness 1.4 Describe the skill-related components of fitness 1.5 Describe tests that measure components of health- and skill-related fitness 1.6 Describe the principles of training 1.7 Describe the appropriate methods of training for each of the components of fitness
Autumn 2	Principles of health and fitness	<ul style="list-style-type: none"> Pupils should get involved in a range of activities that develops personal fitness and promotes and active, healthy lifestyle 	2.1 Describe the structure and function of the main body systems
Spring 1	Principles of health and fitness -Introduction to coursework	<ul style="list-style-type: none"> Pupils should tackle complex and demanding physical activities. Pupils should be physically active for sustained periods of time 	2.2 Describe the long-term and short-term effects of exercise on the main body systems 3.1 Describe measures for body composition 3.2 Demonstrate measures for body composition 3.3 Carry out tests to measure

		<ul style="list-style-type: none"> Pupils should get involved in a range of activities that develops personal fitness and promotes and active, healthy lifestyle 	<p>components of health-related fitness</p> <p>3.4 Carry out tests to measure components of skill-related fitness</p> <p>3.5 Assess the positives and negatives of these measures</p>
Spring 2	Healthy lifestyles	<ul style="list-style-type: none"> Pupils should get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle. 	<p>1.1 Describe how each of the main food groups contribute to a healthy lifestyle</p> <p>1.2 Describe what is meant by a balanced diet</p> <p>1.3 Describe how non-nutrients contribute to a healthy diet</p>
Summer 1	Healthy lifestyles	<ul style="list-style-type: none"> Pupils should get involved in a range of activities that develops personal fitness and promotes and active, healthy lifestyle 	<p>2.1 Describe lifestyle diseases related to lack of physical activity and poor diet</p> <p>2.2 Explain the effects of a long-term sedentary lifestyle on health and well-being</p> <p>2.3 Explain reasons why people do not take part in physical activity</p>
Summer 2	Healthy lifestyles- Introduction to coursework	<ul style="list-style-type: none"> Pupils should get involved in a range of activities that develops personal fitness and promotes and active, healthy lifestyle 	<p>3.1 Explain reasons why people are motivated to take part in physical activity</p> <p>3.2 Describe ways to improve individual motivation</p> <p>3.3 Demonstrate ways to</p>

	<p style="text-align: center;">Introduction to Preparing and planning for health and fitness (Exam Preparation)</p>		<p>improve individual motivation 3.4 Review ways to improve individual motivation</p> <p>2.1 Produce an individual exercise programme for a specific purpose 2.2 Produce a nutrition plan for the period of the personal exercise programme</p>
<p>Notes*****</p>			