

NCFE Health and Fitness - Year 11

Term	Units of Study	Curriculum Guidelines	Assessment objectives
Autumn 1	Develop a personal health and fitness programme	<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 Pupils should tackle complex and demanding physical activities 	1.1 Describe the Frequency, Intensity, Time and Type (FITT) principles 1.2 Describe health and fitness goals 1.3 Carry out fitness tests 1.4 Assess fitness test results against normative data 1.5 Design an individual health and fitness programme using the FITT principles
Autumn 2	Develop a personal health and fitness programme	<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 Demonstrate appropriate preparation for the fitness programme 2.2 Demonstrate the techniques of warm-up and cool down 2.3 Carry out the fitness programme
Spring 1	Develop a personal health and fitness programme- Introduction of 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 	3.1 Evaluate the effectiveness of the health and fitness programme 3.2 Describe changes to the fitness programme to improve their personal health and fitness
Spring 2	Preparing and planning for health and fitness	<ul style="list-style-type: none"> Pupils should get involved in a range of activities that develops personal fitness and 	1.1 Describe the purpose of a PARQ (Physical Activity Readiness Questionnaire) 1.2 Assess the suitability for an

		promotes and active, healthy lifestyle	individual to participate in fitness activities 1.3 Describe the preparation needed for a specific purpose
Summer 1	Preparing and planning for 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 	1.4 Assess an individual's base level of fitness 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
Summer 2	Preparing and planning for health and fitness -Revision and reflection		Exam prep Past Papers
Notes*****			