






Curriculum and Assessment Map 2018-2021

Subject – Health and Fitness



Key Stage 4

NCFE V Cert Delivery. 3 year Delivery

V Cert Health and Fitness		Term 1 (September-October)	Term 2 November- December)	Term 3 (January – February)	Term 4 (February-March)	Term 5 (April-May)	Term 6 (June-July)
		Unit 1 delivery					
							
		Unit 2 concept exploration through practical					
							
Year 1	What students will study	3.1 “Health and Fitness”	1.1 “Skeletal system”	1.2 “Muscular system”	1.2 “Muscular system”	1.3 “Respiratory system”	1.3 “Respiratory system” & 1.4 “Cardiovascular system”
	Formal assessment	Unit 1 Exam questions in class. Unit 2 Scenario and case study practice through practical.	Unit 1 Exam questions in class. Unit 2 Scenario and case study practice through practical.	Unit 1 Exam questions in class. Unit 2 Scenario and case study practice through practical.	Unit 1 Exam questions in class. Unit 2 Scenario and case study practice through practical.	Unit 1 Exam questions in class. Unit 2 Scenario and case study practice through practical.	Unit 1 Mock exam Unit 2 Mock case study

		Term 1 (September-October)	Term 2 November- December)	Term 3 (January – February)	Term 4 (February-March)	Term 5 (April-May)	Term 6 (June-July)
		Unit 1 delivery		Unit 2 delivery through practical and theory			
							
		Unit 1 revision					
							
Year 2	What students will study	1.4 “Cardiovascular system”	2.1 “Effects of Health and Fitness Activities on the Body”	3.1 “Health and Fitness” revisited. 4.1 “Principles of training”	1.1 “Lifestyle Factors”	2.1 “Fitness Testing”	2.2 “Training Methods”

	Formal assessment	Unit 1 Exam questions in class. Unit 2 Scenario and case study practice through practical.	Unit 1 Exam questions in class. Unit 2 Scenario and case study practice through practical.	Unit 1 EXTERNAL ASSESSMENT (March window, 1st attempt) Unit 2 Scenario and case study practice through practical.	Unit 1 Exam questions in class. Unit 2 Scenario and case study practice through practical.	Unit 1 Exam questions in class. Unit 2 Scenario and case study practice through practical.	Unit 1 Mock exam Unit 2 Mock case study
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		Unit 2 delivery 						
		Unit 1 revision if resit necessary 						
Year 3	What students will study	2.3 “Optimising Health and Fitness Programme”	3.1 “Health and Fitness Analysis and Goal Setting”	3.1 “Health and Fitness Analysis and Goal Setting”	4.1 “The Structure of a Health and Fitness Programme”	Revision and coursework	Revision and coursework	
	Formal assessment	Unit 1 Exam questions in class. Unit 2 Scenario and case study practice through practical.	Unit 1 EXTERNAL ASSESSMENT (November window, 2nd attempt) Unit 2 Scenario and case study practice through practical.	Unit 2 Scenario and case study practice through practical.	Unit 2 INTERNAL ASSESSMENT (March, 1 st attempt)	Unit 2 INTERNAL ASSESSMENT (May 2 nd attempt)		