

Exam Board:	<i>NCFE</i>
Qualification:	<i>Level 1/2 Technical Award in Health and Fitness</i>
Assessment Information:	<i>1x written examination = 90 minutes (40% of final grade)</i> <i>1 piece of coursework (60% of final grade)</i>
Link to official specification	

Department Information:
Our principal aim is to develop the sporting abilities, health and well-being of every student at Furze Platt. We strive for our students to adopt sporting values and develop a life-long love of sport and physical activity. Whether it be embracing competition in the numerous sports teams or developing an understanding of exercise that will benefit health for life, PE at Furze Platt is accessible to all.

Extra-curricular
We are proud to offer a broad extra-curricular provision that enables students to participate in traditional sports and more alternative sports such as fitness, table tennis and volleyball. Extra-curricular offerings change each term to provide students with variety throughout the year. In addition to our termly inter-house sporting competitions, the school also enters all sports teams into both league and cup competitions so that competitive fixtures are regular throughout the year. We also enter teams into regional athletics meets in the summer term. These fixtures enable many of our students to gain recognition at district and county level.

Leadership Opportunities
For students in Year 9 to Year 13, there is the yearly opportunity to apply to become a Furze Platt Sports Leader. This popular role allows students to develop essential life skills such as leadership, teamwork, planning and organisation, coaching and officiating all while supporting the PE department. Recent events led by our Sports Leaders include the whole school Sport Relief Mile, a Primary School netball festival that was attended by 10 local Primary Schools and the introduction of the Furze Platt Sport Review termly newsletter.

ACHIEVE in the curriculum:
The Health and Fitness course embodies all the ACHIEVE values through its content and learning approaches. Some examples include:

Ambition - Developing written exam skills and producing high quality written work. Developing their coaching performance to its highest standard.

Versatility - Applying their theoretical knowledge to a broad range of sporting activities and scenarios. Utilising prior knowledge they have from biology to support their studies within Health and Fitness.

Collaboration - Demonstrated through group work in theory lessons and when conducting their fitness tests for their coursework.

Curriculum Aims & Intent:
Health and Fitness offers breadth and depth of study within the health and fitness sector. By studying this qualification students will:

- Develop a broad understanding of the structure and function of body systems.*
- Identify the effects of health and fitness activities on the body*
- Understand health and fitness and the components of fitness*
- Apply the principles of training*
- Understand the impact of lifestyle on health and fitness*

Resources:
Textbook: NCFE Level 1/2 Technical Award in Health and Fitness, Second Edition - ISBN 9781398369016

EverLearner: <https://theeverlearner.com/>

- Test and develop components of fitness
- Apply health and fitness analysis and set goals
- Plan, develop and take part in a health and fitness programme and understand how to prepare safely.

How we keep parents informed:

Year 11 - Progress reports are published 4 times per year, in October, December, February and March, with a face-to-face parents' evening in October.

How parents can help their child:

By supporting your child with independent revision at home and practicing timed questions to increase your child(s) confidence with the examination techniques required for success in this qualification.

What we study and when:

Term	Unit, Topic Or Summary Of Work Covered	Knowledge, Understanding & Skills Developed	ACHIEVE / Personal Development Focus	How The Work Is Assessed	Careers Links
1	Structure of a health and fitness programme and how to prepare safely.	<ul style="list-style-type: none"> • The structure of a health and fitness programme • Components of a health and fitness programme • Health and safety • The session plan • Warm up & cool downs • Main activity section • Reviewing the activity sessions • Timescales and goal setting <p>Students will learn to apply this knowledge to a range of individual needs and circumstances.</p>	Versatility - Students will show versatility by applying their subject knowledge to a range of individual scenarios.	Combination of practice exam questions completed in class and for home learning and an end of unit test.	Personal Trainer Gym Manager
2	Introduction to synoptic project	<ul style="list-style-type: none"> • Begin to plan synoptic - including completing the allocated research and unpicking the assignment brief. 	Ambitious - Students will demonstrate ambition by producing an extended piece of written coursework to the highest standard.	Ongoing marking and feedback of synoptic project. 90 minute examination for PPE.	Personal Trainer
3	Completion of synoptic project	<ul style="list-style-type: none"> • Continue to complete the synoptic project and demonstrate extended writing skills. All theoretical knowledge will need to be applied to the assignment brief. 	Ambitious - Students will demonstrate ambition by producing an extended piece of written coursework to the highest standard.	Ongoing marking and feedback of synoptic project.	Personal Trainer

4	<p>Completion of synoptic project</p> <p>Exam preparation & revision</p>	<ul style="list-style-type: none"> Continue to complete the synoptic project and demonstrate extended writing skills. All theoretical knowledge will need to be applied to the assignment brief. Revision of all content in preparation for GCSE examinations. 	<p>Ambitious - Students will demonstrate ambition by producing an extended piece of written coursework to the highest standard.</p> <p>Students will show endurance by revising all previous content and maintaining motivation.</p>	<p>Ongoing marking and feedback of synoptic project.</p>	<p>Personal Trainer</p>
5	<p>Exam preparation & revision</p>	<ul style="list-style-type: none"> Revision of all content in preparation for GCSE examinations. 	<p>Students will show endurance by revising all previous content and maintaining motivation.</p>	<p>Practice exam questions and past papers.</p>	
6	<p>N/A - Year 11 exam period</p>				