

Exam Board: NCFE
Qualification: Level 1/2 Technical Award in Health and Fitness
Assessment Information: 1x written examination = 90 minutes (40% of final grade)

1 piece of coursework (60% of final grade)

[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 10 - Progress reports are published 4 times per year, in October, November, March and July, with a face-to-face parents' evening in March.

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	Muscular System Skeletal System	<ul style="list-style-type: none"> • Skeletal system • Structure of the skeleton • Functions of the skeletal system • Types of bones • Types of joints • Joint actions • Structure of a synovial joint • Structure of the spine & posture • Types of muscle • Structure of the muscular system • Muscle movement • Muscle contractions • Muscle fibre types <p>Students will learn to apply this knowledge to a range of sporting examples and analyse their importance in performance.</p>	Students will show ambition by attempting their first examination answer writing for this course and using technical language that is new to them within their answers.	Combination of practice exam questions completed in class with support and guidance and for home learning and an end of unit test.	Orthopaedics Physiotherapy Sports Scientist Sports Analyst Sports Medicine Biologist Occupational Therapy
2	Respiratory System Cardiovascular System Energy Systems	<ul style="list-style-type: none"> • Structure of the respiratory system • Functions of the respiratory system • Diffusion and gaseous exchange • Respiratory measurements • Respiratory changes • Structure and function of the blood vessels • Blood redistribution 	<p>Students will show excellence by using the correct technical language which can be complex at times.</p> <p>Students will show versatility by applying this knowledge to a</p>	Combination of practice exam questions completed in class and for home learning and an end of unit test.	Pulmonologist Sports Scientist Sports Medicine Biologist Cardiology

		<ul style="list-style-type: none"> • Structure of the heart • The cardiac cycle • Cardiovascular measurements • Blood pressure • Energy Systems <p>Students will learn to apply this knowledge to a range of sporting examples and analyse their importance in performance.</p>	wide range of sporting examples.		
3	<p>Effects of health and fitness activities on the body</p> <p>The components of fitness</p> <p>Principles of Training</p>	<ul style="list-style-type: none"> • Short-term effects of health and fitness activities • Long-term effects of health and fitness activities • The components of fitness • Health-related fitness • Skill-related fitness • Understanding the principles of training • Principles of overload <p>Students will learn to apply this knowledge to a range of individual needs and circumstances.</p>	Students will show happiness by creating a environment where their peers feel comfortable asking questions and sharing experiences regarding sensitive effects of health and fitness such as weight variations.	Combination of practice exam questions completed in class and for home learning and an end of unit test.	<p>Personal Training</p> <p>Performance Analyst</p> <p>Sports Scientist</p> <p>Fitness Manager</p>
4	<p>Testing and developing components of fitness</p>	<ul style="list-style-type: none"> • Health-related fitness testing • Skill-related fitness testing • Using data • Validity and reliability • Training methods • Heart rate training zones • Repetitions and sets <p>Students will learn to apply this knowledge to a range of individual needs and circumstances.</p>	<p>Students will show endurance by building upon their prior knowledge to draw their own conclusion and interpret a range of test results.</p> <p>Integrity will be shown when students are completing the fitness tests independently.</p>	Combination of practice exam questions completed in class and for home learning and an end of unit test.	<p>Personal Training</p> <p>Performance Analyst</p> <p>Sports Scientist</p> <p>Fitness Manager</p>
5	<p>Impact of lifestyle on health and fitness</p>	<ul style="list-style-type: none"> • Lifestyle factors • Activity levels • Diet • Rest and recovery • Other factors (recreational drugs, smoking) 	Students will show integrity by showing empathy and maturity when discussing potentially sensitive issues such as drugs, alcohol, diet.	Combination of practice exam questions completed in class and for home learning and an end of unit test.	<p>Doctor</p> <p>Teacher</p>
6	<p>Applying health and fitness analysis and setting goals</p>	<ul style="list-style-type: none"> • Health and fitness analysis tools • Collecting, using, analysing and evaluating data • Goal setting <p>Students will participate in practical sessions in order to fully understand and apply topic learned this term.</p>	Students will show versatility by analysing a range of data and drawing their own conclusions from it.	Combination of practice exam questions completed in class and for home learning. 1x 90 minute PPE.	<p>Personal Training</p> <p>Performance Analyst</p>