

NCFE PE Y11 Curriculum Overview



Year 11 Overview

Students gain a greater insight into the health and fitness sector and are provided with the opportunity to acquire a number of practical of technical skills as they progress into the final stages of the course.

Students will utilize their knowledge of the structure and functions of body systems and identify the effects of health and fitness activities on the body. Students will apply their understanding of components of fitness and principles of training to explain how performers can improve their health and fitness. This then leads to students completing fitness tests to allow them to analyse their own fitness levels to enable them to set goals to improve and plan their own health and fitness programme to improve their performances.

Students will then utilise and apply their knowledge from Year 10 and 11 to complete their Non-Exam Assessment, before completing their final examination.

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Week Number	Themes/ Topics	Key Knowledge & Skills	Key Assessments
<p style="text-align: center;">1-2 (Autumn 1)</p>	<p>Topic 6</p> <p>Lifestyle</p> <p>Factors</p>	<p>In this unit students will know the difference between active and sedentary lifestyles and explain how to classify moderate and vigorous activity when a performer is training. Students will know the key nutrients that make up a balanced diet and what this consists of, including the importance of sleep, cold downs, diet, ice baths and rehydration in order to aid rest and recovery after training. Students will then develop their understanding of the negative effects of other lifestyle choices including the use of recreational and performance enhancing drugs within sport and explain how this can affect sports performance.</p>	<p>Students will be assessed on their knowledge and understanding through a paired presentation, GCSE Pod tasks and an end of topic exam-style question/s</p>
<p style="text-align: center;">3-4 (Autumn 1)</p>	<p>Topic 7</p> <p>Analysis & Goal Setting</p>	<p>In this unit students will use a variety of sports analysis tools including a PAR-Q and food diary to measure the health and fitness levels of an individual performer. Students will then begin collecting data to identify the needs of the performer, analyse the impact of their training and evaluate their success. Students will then develop their understanding of how to set goals successfully and apply SMART targets to ensure performers are success in their training.</p>	<p>Students will be assessed on their knowledge and understanding through GCSE Pod tasks and an end of topic exam-style question/s</p>

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<p>5-11 (Autumn 1 & 2)</p>	<p>Topic 8 Personal Exercise Plan</p>	<p>In this unit students will learn how to safely structure a health and fitness training programme, including an overview of a performers goals, fitness testing results and session plans. Students will then complete a risk assessment to ensure performers remain safe throughout their programme. Students will then create a succession of session plans which includes the performers training methods, activity levels and measurement of their heart rate target zones. Students will review the plans success by anlysing the performers results and evaluate their next steps. Finally, students will develop their understanding of how to plan a successful programme and include a performers personal information to inform their planning.</p>	<p>Students will be assessed on their knowledge and understanding through GCSE Pod tasks and an end of topic exam-style question/s. Students will also apply their training plan to their own practical performances to measure its success.</p>
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Week 12-30 (Autumn Term 2 & Spring Term)	Non-Exam Assessment	Students will be introduced to the Non-Exam Assessment (Synoptic) element to their course which makes up 60% of their overall grade. Students will complete a series of tasks set out in the assessment using their knowledge gained in Topic 1-8. Students must apply their knowledge to health and fitness examples to demonstrate their understanding of each topic area.	Students to complete 6 assessment tasks and record their work on any platform they choose to use.
33-36 (Summer 1)	Examination Assessment	Students will complete revision tasks in preparation for their Examination Assessment which makes up 40% of their overall grade. Students will revise Topics 1-8 in preparation for their final exam.	Students to complete their final end of year exam based on all 8 Topic areas covered in Year 10-11.

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