

# NCFE PE Y10 Curriculum Overview



This qualification is designed for learners who want an introduction to Health and Fitness that includes a vocational and project-based element. The qualification will appeal to learners who wish to pursue a career in the Health and Fitness sector or progress onto further study.

In year 10 students will focus on the components of health and skill-related fitness, principles of training, fitness testing and methods of training. Students will then investigate the impact of lifestyle on the body and use fitness analysis tools to set appropriate goals and improve their performances. Students will then develop their knowledge of the structure and functions of body systems and identify the effects of health and fitness activities on the body.

Students will complete end of topic assessments through each of the topic areas to monitor their progress in preparation for their Non-Exam Assessment, before completing their final examination.

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Week Number	Themes/ Topics	Key Knowledge & Skills	Key Assessments
1-4 (Autumn 1)	Topic 3  Health &  Fitness and  the  Components  of Fitness	In this unit students will define health & fitness and develop their understanding of the relationship between them. Students will then define each of the 11 Components of Fitness and explain how they link to a health and fitness example, as well as how it can improve sporting activities.	Students will be assessed on their knowledge and understanding through GCSE Pod tasks and an end of topic exam-style question/s

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<p>5-10 (Autumn 1 &amp; 2)</p>	<p>Topic 4  Analysis &amp; Goal Setting</p>	<p>In this unit students will define the Principles of Training and the Additional Principles of Training health &amp; fitness and explain how they can be applied to enhance training performance and improve identified components of fitness, justifying the strengths and weaknesses of applying each Principle of 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><b>11-15 (Autumn 2)</b></p>	<p>Topic 5 Testing &amp; Developing Components of Fitness</p>	<p>In this unit students will know the 11 Fitness Tests that directly relate to the 11 Components of Fitness studied in Topic 3 and understand how each fitness test can be administered. Students will then begin to understand how to accurately measure and use this data in comparison to normative data to identify components of fitness to focus on improving, as well as how valid and reliable the data they have collected is. Students will develop their understanding of the different training methods performers have available to them to support them in their training schedule and use heart rate target zone information to measure how hard a performers training to improve their components of fitness.</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>
<p><b>19-20 (Spring 1)</b></p>	<p>Topic 6 Impact of Lifestyle on Health &amp; Fitness</p>	<p>In this unit students will explore the meaning of lifestyle factors, including how activity levels, diet, rest and recovery and other lifestyle choices can impact upon a performer's health &amp; fitness.</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>
<p><b>21-22 (Spring 1)</b></p>	<p>Topic 7 Applying Health &amp; Fitness Analysis and Setting Goals</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>
<p><b>25-28 (Spring 2)</b></p>	<p>Topic 1 Body Systems Skeletal System</p>	<p>In this unit students will identify the different body systems in terms of their structure and functions. Students will learn about the skeletal, muscular, respiratory, circulatory systems, as well as the primary energy systems. Students will then explain how these are applied to health and fitness activities.</p> <p>For the skeletal system students will know the structure and functions of the skeleton, the types of bones in the body and how the joints in the body are structured to perform movements. Students will then be able to identify the structure of the spine and understand how posture can affect performances.</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><b>29-34 (Spring 2 &amp; Summer 1)</b></p>	<p>Topic 1 Body Systems Muscular System</p>	<p>In this unit students will identify the different body systems in terms of their structure and functions. Students will learn about the skeletal, muscular, respiratory, circulatory systems, as well as the primary energy systems. Students will then explain how these are applied to health and fitness activities.</p> <p>For the muscular system students will know the types of muscles in the body and how they are structured and contract to provide movement. Students will also develop their understanding of muscle fibre types and how they work to improve performances.</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>
<p><b>35-38 (Summer 1 and 2)</b></p>	<p>Topic 1 Body Systems  Respiratory system          Circulatory System</p>	<p>In this unit students will identify the different body systems in terms of their structure and functions. Students will learn about the skeletal, muscular, respiratory, circulatory systems, as well as the primary energy systems. Students will then explain how these are applied to health and fitness activities.</p> <p>In this unit students will identify the different body systems in terms of their structure and functions. Students will learn about the skeletal, muscular, respiratory, circulatory systems, as well as the primary energy systems. Students will then explain how these are applied to health and fitness activities.</p> <p>For the respiratory system students will know the structure and functions of the lungs and journey of oxygen through the body. Students will develop their understanding of diffusion and how gaseous exchange occurs in the body. Students will also know how respiratory measurements are completed and any changes during physical activity.</p> <p>For the circulatory system students will develop their knowledge of the structure and functions of the blood vessels within the body, as well as the structure of the heart and the cardiac cycle. Students will then develop their understanding of how blood is redistributed throughout the body during exercise, how our heart and blood pressure</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> <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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