

# 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;"><b>1-3 (Autumn 1)</b></p>	<p>Topic 7 Analysis &amp; 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>
<p style="text-align: center;"><b>3-6 (Autumn 1)</b></p>	<p>NEA PREP</p>	<p>In this unit, students will use a previous year's NEA project as a model to produce a mock NEA, completing Task 1, Task 2, and Task 3. The assessment will take place in a computer room under exam conditions, with a time limit set for each task. All work will be assessed using the NCFE NEA mark scheme, and students will receive individual feedback to support their progress.</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>7-9 (Autumn 1 &amp; 2)</b></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.</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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