

Year	Autumn		Spring		Summer	
Theory	HT1	HT2	HT3	HT4	HT5	HT6
Y10	Unit 1 The Skeletal System <ul style="list-style-type: none"> Bones and Functions Types of Bones Types of Joints Synovial Joints Joint Actions Spine & Posture Unit 1 The Muscular System <ul style="list-style-type: none"> Types of Muscle Muscles Muscle Structure Muscle Movement Muscle Contractions Muscle Fibre Types 	Unit 1 The Respiratory System <ul style="list-style-type: none"> Respiratory System Functions Respiratory System Structure Gaseous Exchange Respiratory Measures Respiratory Changes Unit 1 The Cardiovascular System <ul style="list-style-type: none"> Blood Vessels Blood Redistribution Structure of the Heart Cardiac Cycle Cardiac Measurements Blood pressure Energy Systems 	Unit 2 Effects of Health and Fitness on the Body <ul style="list-style-type: none"> Short term effects of exercise Long term effects of exercise Aerobic and Anaerobic Exercise Body Composition Unit 3 Components of Fitness <ul style="list-style-type: none"> Health & Fitness Health Related Fitness Skill Related Fitness 	Unit 4 Principles of Training <ul style="list-style-type: none"> SPORT FITT Unit 5 Fitness Testing & Training <ul style="list-style-type: none"> Fitness testing Training Methods 	Unit 6 Lifestyle factors <ul style="list-style-type: none"> Healthy diet The 7 Nutrients Rest and recovery Drugs in Sport Alcohol Stress 	Unit 7 Applying Health and Fitness Analysis <ul style="list-style-type: none"> PAR-Q and Lifestyle Questionnaires Food Diary Analysis of Results SMART targets
Y11	Unit 8 Health and Fitness Programmes <ul style="list-style-type: none"> Structure of training programmes Health and safety Session plans Warm Ups and Cool Downs Main Activity Reviewing an Activity Session Timescales and goal Setting 	Mock Synoptic Project <ul style="list-style-type: none"> Project brief Fitness testing (baseline) PAR-Q Food diary Target Setting Fitness Programme Fitness testing (re-test) Evaluation 	Synoptic Project <ul style="list-style-type: none"> Assessment Mock Exams <ul style="list-style-type: none"> Revision 	Synoptic Project <ul style="list-style-type: none"> Assessment 	Revision and Exam Prep <ul style="list-style-type: none"> Unit 1 The Body Systems Unit 2 Effects of the Body Unit 3 Components of Fitness Unit 4 Principles of Training Unit 5 Fitness testing & Training 	

NCFE Health and Fitness Curriculum Overview

Practical	HT1	HT2	HT3	HT4	HT5	HT6
10	Multi Sports <ul style="list-style-type: none"> • Badminton • Basketball • Football • Table Tennis • Tennis • Kwik-Cricket 	Unit 1 The Body Systems <ul style="list-style-type: none"> • Breathing Rate • Heart Rate (Rest, Work and Recovery) • Heart Rate (Training Zones) 	Unit 2 Effects of Health and Fitness on the Body <ul style="list-style-type: none"> • Short- and long-term effects of exercise • Aerobic and Anaerobic Exercise • Body Composition Unit 5 Fitness Testing & Training <ul style="list-style-type: none"> • Fitness testing 	Unit 4 Principles of Training <ul style="list-style-type: none"> • SPORT • FITT Unit 5 Fitness Testing & Training <ul style="list-style-type: none"> • Training Methods <ul style="list-style-type: none"> ○ Circuit ○ Continuous ○ Fartlek ○ Interval ○ Weight ○ Plyometric ○ Flexibility 	School Games Leadership <ul style="list-style-type: none"> • The role of a sports leader • Officiating • Scoring • Planning a competition • Adapting activities 	GYM - Unit 8 Health and Fitness Programmes <ul style="list-style-type: none"> • Structure of training programmes • Health and safety • Session plans • Warm Ups and Cool Downs • Main Activity • Reviewing an Activity Session
11	Unit 8 Health and Fitness Programmes <ul style="list-style-type: none"> • Warm Ups • Cool Downs • Session plans • Circuit Design 	Mock Synoptic Project <ul style="list-style-type: none"> • Fitness testing revision • Training methods revision 	Synoptic Project <ul style="list-style-type: none"> • Assessment 	Synoptic Project <ul style="list-style-type: none"> • Assessment 	Revision and Exam Prep <ul style="list-style-type: none"> • Assessment 	