Curriculum Overview

Subject: PE

NCFE V.CERTS Level 1/2 Technical Award in Health and Fitness

Year Group	Term	Unit of Work	Assessment Content
10	1	**Content Area 1** - Introduction to body systems and principles of training in health and fitness. **Theory** • CA1: Understand the structure and function of body systems and how they apply to health and fitness **Practical** • CA3: Understand health and fitness and the components of fitness **Extended writing this term:** This unit students will undertake two pieces of extended writing based on the Skeletal and Muscular systems. Students will be practising exam style questions. Our extended writing task will focus on using the PEEL structure.	**Tracking Point 1:** October 2026 Progress will be measured using a combination of teacher assessment (formative) and end of unit tests (summative).
	2	**Content Area 1** - Introduction to body systems and principles of training in health and fitness. **Theory** • CA1: Understand the structure and function of body systems and how they apply to health and fitness **Practical** • CA4: Understand the principles of training **Extended writing this term:** This unit students will undertake two pieces of extended writing based on the Cardiovascular and Respiratory systems. Students will be practising exam style questions. Our extended writing task will focus on using the PEEL structure.	**Tracking Point 2:** December 2026 Progress will be measured using a combination of teacher assessment (formative) and end of unit tests (summative).
	3	**Content Area 1** - Introduction to body systems and principles of training in health and fitness. **Theory** • CA1: Understand the structure and function of body systems and how they apply to health and fitness **Practical** • CA2: Understand the effects of health and fitness activities on the body **Extended writing this term:** This unit students will undertake two pieces of extended writing based on the Energy systems and the difference between Health & Fitness. Students will be practising exam style questions. Our extended writing task will focus on using the PEEL structure.	**Tracking Point 3:** February 2027 Progress will be measured using a combination of teacher assessment (formative) and end of unit tests (summative).
	4	**Content Area 2** - Preparing and planning for health and fitness **Theory** • CA3: Understand health and fitness and the components of	**Tracking Point 4:** March 2027 Progress will be measured using a combination of teacher

		fitness **Practical** • CA5: Understand how to test and develop components of fitness **Extended writing this term:** This unit students will undertake two pieces of extended writing based on the Components of Fitness. Students will be practising exam style questions. Our extended writing task will focus on using the PEEL structure.	assessment (formative) and mock exam results (summative).
	5	**Content Area 2** - Preparing and planning for health and fitness **Theory** • CA6: Understand the impact of lifestyle on health and fitness **Practical** • CA5: Understand how to test and develop components of fitness **Extended writing this term:** This unit students will undertake two pieces of extended writing based on Lifestyle case studies. Students will be practising exam style questions. Our extended writing task will focus on using the PEEL structure.	**Tracking Point 5:** May 2027 Progress will be measured using a combination of teacher assessment (formative) and Public Exam results (summative).
	6	**Content Area 2** - Preparing and planning for health and fitness **Theory** • CA5: Understand how to test and develop components of fitness **Practical** • CA7: Understand how to apply health and fitness analysis and set goals **Extended writing this term:** This unit students will undertake two pieces of extended writing based on Fitness Testing case studies. Students will be practising exam style questions. Our extended writing task will focus on using the PEEL structure.	**Tracking Point 6:** June 2027 Progress will be measured using a combination of teacher assessment (formative) and Public Exam results (summative).

Curriculum Overview

Subject: PE

NCFE V.CERTS Level 1/2 Technical Award in Health and Fitness

Year Group	Term	Unit of Work	Assessment Content
11	1	**Content Area 2** - Preparing and planning for health and fitness **Theory** ● CA7: Understand how to apply health and fitness analysis and set goals **Practical** ● CA8: Structure of a health and fitness programme and how to prepare safely	**Tracking Point 1:** October 2025 Progress will be measured using a combination of teacher assessment (formative) and Public Exam results (summative).
	2, 3 & 4	**Content Area 2** - Preparing and planning for health and fitness **Internal Synoptic Project** ● Students will finish the Internal Assessment Synoptic project based on a brief released by NCFE ● They will work on a number of tasks, which will be marked against the following Assessment Objectives: ○ AO1: Recall knowledge and show understanding. ○ AO2: Apply knowledge and understanding. ○ AO3: Analyse and evaluate knowledge and understanding. ○ AO4: Demonstrate and apply relevant technical skills, techniques and processes. ○ AO5: Analyse and evaluate the demonstration of relevant technical skills, techniques and processes.	**Internal Synoptic Project Submission deadline:** **March 2027** Exact date TBC
	4 & 5	**Revision for External Assessment** **Content Area 1** - Introduction to body systems and principles of training in health and fitness. **Content Area 2** - Preparing and planning for health and fitness **External Assessment - Public Exam** ● The following areas will be covered in the exam ○ CA 1: Structure and function of body systems ○ CA 2: Effects of health and fitness activities on the body ○ CA 3: Health and fitness and the components of fitness ○ CA 4: Principles of training ○ CA 5: Testing and developing components of fitness ○ CA 6: Impact of lifestyle on health and fitness ○ CA 7: Applying health and fitness analysis and setting goals ○ CA 8: Structure of a health and fitness programme and how to prepare safely	**External Assessment Public Exam:** **June 2027** Exact date TBC

THE Eastbourne ACADEMY

Curriculum Overview **Subject: PE**