

The Aylesbury Vale Academy Physical Education Journey

NCFE Health & Fitness Curriculum Map



A-LEVELS

BTEC



Completed Health and Fitness Award

Deadline 2
Synoptic

Deadline 1
Synoptic

Exam Attempt 2



Synoptic Project

The internal synoptic project is a formal assessment that requires the learner to independently apply an appropriate selection of knowledge, understanding, skills and techniques, developed through the course, in response to a real-world situation.



Synoptic Released (60%)

Unit 2: LO4: The structure of a health and fitness programme

Learners will develop understanding of how to structure a health and fitness programme, the purpose of a warm up and cool down and health and safety

Mock Project: Unit 2

Mock Paper: Unit 1

Unit 1 Revision

Revise!

Examination

- 1 paper (40%)
- 1 hour 30minutes long
- 80 marks



Exam Attempt 1

Year 11

Unit 2: LO3: Health and Fitness analysis & Goals

Learners will develop their knowledge and understanding of the health and fitness analysis tools and how to apply the acronym SMART when setting health and fitness goals based on data.



Mock Paper: Unit 1

Unit 1: LO4: Principles of Training

Learners will develop their knowledge and understanding of the principles of training and be able to apply these to health and fitness activities



Year 10

Unit 2: LO2: Fitness Testing

Learners will understand how to prepare, carry out and collect data on the appropriate fitness tests

Unit 2: LO1: Impact of lifestyle

Learners will develop their knowledge and understanding of the impact of lifestyle on health and fitness



Unit 1: LO3: Health & Fitness

Learners will develop their knowledge and understanding of the terms health and fitness, the components of fitness and how they apply to health and fitness activities

Year 9

Unit 1: LO1: Body Systems

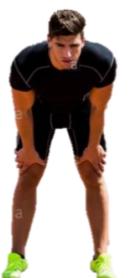
Learners will develop their knowledge and understand of the structure and function of the different body systems and how they apply to health and fitness

- Skeletal System • Muscular System • Respiratory System • Cardiovascular System • Energy Systems



Unit 1: LO2: Effects on the Body

Learners will develop their knowledge and understanding about the short and long term effects of health and fitness activities on the body



Your Health & Fitness Journey starts here ...