

NCFE Health and Fitness at UTC South Durham

Our curriculum for NCFE Health and Fitness Level 1/2 aims to provide learners with a comprehensive understanding of health and fitness principles, empowering them to lead a healthy lifestyle and pursue a career in the field. We prioritise foundational knowledge and practical skills in anatomy, physiology, nutrition, exercise, and promote mental well-being. Our goal is to inspire learners to become proactive advocates for their health and agents of positive change in their UTC and local communities.

Through the lens of the Student Leaver Profile:

NCFE Health and Fitness at UTC South Durham supports students to become career and life ready through the acquisition of essential knowledge, practical skills, and a holistic approach to health and fitness, highlighting career paths and the benefits of leading a healthy lifestyle through their future employment and training.

Students will have the opportunity to develop their core skills through participating and leading practical sessions with their peers.



Useful links:

Exam board/Specification:

NCFE Level 1/2 Technical Award In Health And Fitness (603/7007/5).

<https://www.ncfe.org.uk/qualification-search/qualification-detail/ncfe-level-12-technical-award-in-health-and-fitness-111>

Revision resources:

Textbook: <https://www.amazon.co.uk/Level-Technical-Health-Fitness-Second/dp/1398369012>

Additional Revision and Course materials will be provided via Microsoft Teams

Key dates:

Spring of Year 11:

Non Examined Assessment (60% of qualification)

Summer of Year 11:

External Exam (40% of Qualification)

NCFE Health and Fitness– Learning Journey 2024-2026

Assessment	Examined Assessment (40% of overall grade)
Summer 2	
SLP Focus: Organise Persevere	Completion of external exam. 1hr 15minutes 81 marks

Assessment	Revision diagnostic tests (what knowledge is missing?)
Summer 1: Revision for external exam	
SLP Focus: Reflect Organise Collaborate	Students will take part in structured revision that will cover all content areas from the course. Students will be provided with revision materials and tasks for use at home.

Assessment	Non Examined Assessment (NEA). 60% of overall grade.
Spring 1 and Spring 2	
SLP Focus: Organise Persevere Reflect Communicate	Here students will complete their NEA assessment. Set by the exam board (NCFE), completed in controlled conditions in lesson time, marked internally and then moderated externally. This assessment will give students the opportunity to apply the knowledge gained throughout the course.

CAREER AND LIFE READY

<h2>Welcome to Year 11</h2>	
SLP Focus: Review of year 10 application of Core Skills.	As part of their introduction to year 11 students will be familiarised with the assessments that they will complete in year 11.

Assessment	Content Area 7 Knowledge Assessment
Autumn 1: Content Area 7 (Applying health and fitness analysis and setting goals)	
SLP Focus: Communication Reflect	Health and fitness analysis tools Collecting, using, analysing and evaluating data Goal setting

Assessment	Content Area 8 Knowledge Assessment
Autumn 2: Content Area 8 (Structure of a health and fitness programme and how to prepare safely)	
SLP Focus: Career Spotlight (sports coach, fitness instructor)	Components of a health and fitness programme Health and safety The session plan Warm-up/cool-down Main activity section Reviewing the activity session Timescales and goal setting

Assessment	Content area 6 Knowledge Assessment Mock NEA Assessment Mock Examined Assessment
Summer 2: Content Area 6 (Impact of lifestyle on health and fitness)	
SLP Focus: Respect Collaborate	Activity Levels Diet Rest and Recovery Other factors (Drugs, alcohol, smoking)

Assessment	Content Area 5 Knowledge Assessment
Summer 1: Content Area 5 (Testing and developing components of fitness)	
SLP Focus: Communication Career Spotlight (Sports Scientist)	Testing health related components of fitness Testing skill related components of fitness.

Assessment	Content Area 4 Knowledge Assessment
Spring 2: Content Area 4 (Principles of training)	
SLP Focus: Career Spotlight (fitness instructor)	Principles of training taught: Specificity Frequency Progression Intensity Overload Type Reversibility Time Tedium

Assessment	Content Areas 2 and 3 Knowledge Assessment
Spring 1: Content Area 2 (Effects of health and fitness activities on the body) and Content Area 3 (Health and fitness and the components of fitness)	
SLP Focus: Organise Communicate	Effects of health and fitness activities on the body. What is Health and Fitness? Components of Health and Skill related Fitness.

<h2>Welcome to Year 10</h2>	
SLP Focus: Introduction to the Student Leaver Profile	As part of your induction you will complete: CAT tests, an in-class baseline, spelling test and reading test. You will have a subject taster for NCFE.

Assessment	What do you already know? What have you previously studied?
Autumn 1: Introduction to NCFE and Content Area 1 (Structure and function of body systems)	
SLP Focus: Organise Communicate	Skeletal System, Muscular System, Respiratory System, Cardiovascular System, Energy Systems

Assessment	Content Area 1 Knowledge Assessment
Autumn 2: Content Area 1 Continued (Structure and function of body systems)	
SLP Focus: Persevere Reflect	Skeletal System, Muscular System, Respiratory System, Cardiovascular System, Energy Systems

START