

Long Term Plan NCFE Level 1/2 Tech Award in Health & Fitness

KS4 (Year 10 and Year 11)

Billiejo Bland
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Subject intent/vision:

To provide opportunities for all students, regardless of their ability, to inspire, challenge and achieve in a range of different sporting activities.

In PE we aim to create students that can:

- physically meet the demands of the environment
- make good tactical/compositional decisions when faced with different scenarios
- apply themselves in the theory of physical education
- confidently lead others in a variety of different situations
- make healthy decisions around lifelong lifestyle

To enable all students to achieve, our subject curriculum is underpinned by the following principles:



Ambitious -offer a range of courses so that students can achieve qualifications in our subject.



Sequenced / Spiral - *focus on activities throughout the five year journey so students will build on the foundations put in place year after year.*



Literacy - To build students specific vocabulary in PE so they can broaden their oracy and leadership skills



Cultural Capital - We attempt to give students as many opportunities as possible through team fixtures and PE related trips and visits.

Long term plan:

From September 2027: KS4 PE Programme of Study (YEAR 10s ONWARDS)

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Content 1.1 The structure and function of the Skeletal System 1.1.1 Structure of the Skeletal System 1.1.2 Function of the Skeletal System 1.1.3 Types of Bone 1.1.4 Types of Joints 1.1.5 Joint Actions 1.1.6 Structure of a Synovial Joint 1.1.7 Structure of the Spine & Posture Practical Element Students will apply knowledge in practical settings. AO1, AO2	Content 1.2 The structure and function of the Muscular System 1.2.1 Types of Muscle 1.2.2 Structure of the Muscular System 1.2.3 Muscle Movement and Contraction 1.2.4 Muscle Fibre Types Practical Element Students will apply knowledge in practical settings. AO1, AO2	Content 1.3 The Respiratory System 1.3.1 Structure of the Respiratory System 1.3.2 Functions of the Respiratory System 1.3.3 Lung Volumes Practical Element Students will apply knowledge in practical settings. AO1, AO2	Content 1.4 The Cardiovascular System 1.4.1 Structure and Function of the Blood Vessels 1.4.2 Structure of the Heart 1.4.3 The Cardiac Cycle 1.4.4 Cardiovascular Measurements 1.4.5 Blood Pressure Practical Element Students will apply knowledge in practical settings. AO1, AO2	Content 1.5, 2.1 & 3.1 Energy Systems & Effects of exercise on Health & Fitness 1.5.1 Anaerobic Energy System 1.5.2 Aerobic Energy System 2.1.1 Short Term Effects 2.1.2 Long Term Effects 3.1.1 Define Health 3.1.2 Define Fitness Practical Element Students will recall knowledge, show understanding and analyse data. AO1, AO3	Content 3.2 & 5.1 Components of Fitness & Fitness Testing 3.2.1 Health Related Fitness 3.2.2 Skills Related Fitness 5.1.1 Health Related Fitness Tests 5.1.2 Skill Related Fitness Tests 5.1.3 Using Data Practical Element Students will demonstrate technical skills, techniques and processes and analyse data norms. A03, A04
Assessment: Adapted exam paper (40 minutes) on the Skeletal System Students will be moderated in practical sessions throughout the school year	Assessment: Adapted exam paper (40 minutes) on the Muscular System Students will be moderated in practical sessions throughout the school year	Assessment: Adapted exam paper (35 minutes) on the Respiratory System Students will be moderated in practical sessions throughout the school year	Assessment: Adapted exam paper (35 minutes) on the Cardiovascular System Students will be moderated in practical sessions throughout the school year	Assessment: Adapted exam paper (35 minutes) on Effects of Exercise & Health & Fitness Students will be moderated in practical sessions throughout the school year	Assessment: Adapted exam paper (35 minutes) on Components of Fitness & Testing Students will be moderated in practical sessions throughout the school year

From September 2026: KS4 PE Programme of Study (YEAR 11)

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1
Principles of Training & H&F Goal Setting 4.1.1 The Principles of Training 4.1.2 Principles of F.I.T.T 6.1.1 Activity Levels 6.1.2 Diet 6.1.3 Rest and Recovery 6.1.4 Other Factors 7.1.1 H&F Analysis and Goal Setting 7.1.2 Goal Setting Practical Element Students will demonstrate and apply relevant technical skills, techniques and processes. AO1, AO2, AO3, AO4	NEA Synoptic Project Task 1 - Fitness assessment of client AO4, AO3 Task 2 - General assessment of client AO2, AO3, AO4 Task 3 - Setting of appropriate goals Practical Element Students will demonstrate and apply relevant technical skills, techniques and processes. AO1, AO2, AO3, AO4	NEA Synoptic ProjectAO1, AO2, AO3 Task 4a - Development of a health and fitness training programme AO1, AO2, AO3 Task 4b - Development of a diet plan AO2, AO3 Task 5 - Completion of fitness training programme AO4, AO5 Task 6 - Review and evaluation AO4, AO5	NEA redrafts and submissions Revision The structure and function of the Skeletal System The structure and function of the Muscular System The Respiratory System Energy Systems & Effects of exercise on Health & Fitness Principles of Training & H&F Goal Setting	EA Revision on all content areas for final exam. 1 hour 30 minutes written exam (40%) AO1, AO2, AO3
Assessment: Full exam paper (1hour 30mins) Students will be moderated in practical sessions throughout the school year	Assessment: NEA - 22 hours & 2 hours research (60%)	Assessment: NEA - 22 hours & 2 hours research (60%)	Assessment: Mock exam Paper 40% + NEA 60% Combine grades	Assessment: Final exam - 1 hour 30 minutes (40%)

NCFE Health & Fitness Assessment:

Our students will follow the NCFE specification, which allows the students to be assessed in the following ways:

- **40% Written Examination** - Students are assessed through one external exam covering Body Systems (Skeletal, Muscular, Respiratory, Cardiovascular), Effects of Exercise, Components of Fitness and Principles of Training. The exam lasts for 1 hour 30 minutes and will be taken in Year 11.
- **60% Synoptic Project** – Students are assessed through an internal project covering all the information learnt for the external exam. They will develop this knowledge to test, create fitness-related goals, train and improve fitness. Students will have 22 hours in school time to complete this project and will be submitted in the form of coursework.

Learning Resources:

<https://www.bbc.co.uk/bitesize/subjects/znyb4wx>

<https://www.teachpe.com/>

<https://revisionworld.com/gcse-revision/pe-physical-education/past-papers>

<https://theeverlearner.com/>