

YEAR 11 CURRICULUM PLAN FOR LEVEL ½ TECHNICAL AWARD IN HEALTH & FITNESS



TOPIC	KEY LEARNING	ASSESSMENT
<p>Unit 2: Lifestyle Factors & Fitness Testing</p>	<ul style="list-style-type: none"> Understand that lifestyle factors can affect health and fitness. Learn about active and sedentary lifestyles, diet, rest and recovery and the negative effects on health such as drugs and alcohol. Understand how to prepare, carry out and collect data on health-related and skill-related fitness tests. Learn about the different training methods, heart rate training zones and repetitions / sets and apply these to individual goals. 	<p>Retrieval through lesson tasks. Preparation for Synoptic project, mock health and fitness programme.</p>
<p>Unit 2: Health & Fitness Analysis & The structure of a Health & Fitness Programme</p> <p>Unit 1: Planning and preparation for external assessment</p>	<ul style="list-style-type: none"> Learn about health and fitness analysis tools such as a PAR-Q Understand the acronym SMART in relation to goal setting and apply these principles to health and fitness goals. Understand the information that should be included in a health and fitness programme and the health and safety considerations. Revisit Unit 1 curriculum using external exam material 	<p>Retrieval through lesson tasks. Preparation for Synoptic project, mock health and fitness programme.</p> <p>Formative and Summative assessments based on topics covered. iAchieve</p>
<p>Unit 2 : Synoptic Project – Internal Assessment</p>	<ul style="list-style-type: none"> Using knowledge and understanding of Unit 2 criteria, complete an exercise plan outlined by the NCFE in 21 hours during school-based lessons. 	<p>Summative assessment</p>
<p>Unit 1: Planning and preparation for external assessment</p> <p>Unit 2 : Synoptic Project – Internal Assessment</p>	<ul style="list-style-type: none"> Revisit Unit 1 curriculum using external exam material to prepare for re-sit external exam. Using knowledge and understanding of Unit 2 criteria, complete an exercise plan outlined by the NCFE in 21 hours during school-based lessons. 	<p>Summative assessment</p>
<p>Unit 2 : Synoptic Project – Internal Assessment</p>	<ul style="list-style-type: none"> Using knowledge and understanding of Unit 2 criteria and feedback received after assessment, make any required changes to the synoptic project before final submission deadline. 	<p>Summative assessment</p>