NCFE Health & Fitness

Year 10 – Curriculum Overview

Intent:

This qualification focuses on the study of the health and fitness sector. It offers a breadth and depth of study, incorporating a key core of knowledge. It provides opportunities to acquire a number of practical and technical skills.

Through this qualification, learners will:

- develop a broad understanding of the structure and function of body systems
- identify the effects of health and fitness activities on the body
- understand health and fitness and the components of fitness
- apply the principles of training
- understand the impact of lifestyle on health and fitness
- test and develop components of fitness
- apply health and fitness analysis and set goals
- plan, develop and take part in a health and fitness programme and understand how to prepare safely

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
	Assessment 1			Assessment 2		
Core Course Topic: These topics are taught through the identified terms. They are taught in small bitesize chunks and revisited regularly.	**Component area 1** – Structure and function of body systems	**Component area 1** – Structure and function of body systems	**Component area 2** – Effects of health and fitness activities on the body **Component area 3** – Health and fitness and the components of fitness **Component area 4** – Principles of training	**Component area 5** – Testing and developing components of fitness **Component area 6** – Impact of lifestyle on health and fitness.	**Component area 7** – Implying health and fitness analysis and setting goals	**Component area 8** – Structure of a health and fitness programme and how to prepare safely
Additional support links: Here are links to additional resources which will help your child	**Resources:** Hodder Health and Fitness Textbook (available from www.hoddereducation.co.uk) **Useful websites:** www.bbc.co.uk/bitesize www.bhf.org.uk	**Resources:** Hodder Health and Fitness Textbook (available from www.hoddereducation.co.uk) **Useful websites:** www.bbc.co.uk/bitesize www.bhf.org.uk	**Resources:** Hodder Health and Fitness Textbook (available from www.hoddereducation.co.uk) **Useful websites:** www.bbc.co.uk/bitesize www.toptrumps.com	**Resources:** Hodder Health and Fitness Textbook (available from www.hoddereducation.co.uk) **Useful websites:** www.bbc.co.uk/bitesize/guides/zyqd2p3/revision/2 www.nhs.uk/livewell/Pages/Livewellhub.aspx www.bhf.org.uk/ www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx www.active.com/fitness/articles/how-to-set-s-m-a-r-t-goals	**Resources:** Hodder Health and Fitness Textbook (available from www.hoddereducation.co.uk) **Useful websites:** www.active.com/fitness/articles/how-to-set-s-m-a-r-t-goals	**Resources:** Hodder Health and Fitness Textbook (available from www.hoddereducation.co.uk) **Useful websites:** www.nhs.uk
Knowledge: Included here is the specific knowledge your child will learn in detail	▪ Skeletal system ▪ Muscular system ▪ Respiratory system ▪ Cardiovascular system ▪ Energy systems	▪ Skeletal system ▪ Muscular system ▪ Respiratory system ▪ Cardiovascular system ▪ Energy systems	▪ Short-term effects of health and fitness activities (during and/or up to 36 hours after) ▪ Long-term effects of health and fitness activities (over 36 hours and up to months after) ▪ Understanding health and fitness ▪ Components of fitness ▪ Principles of training ▪ Understanding the principles of training ▪ Principles of overload	▪ Fitness testing ▪ Training methods ▪ Optimising a health and fitness programme ▪ Lifestyle factors	▪ Health and fitness analysis and goal setting	▪ The structure of a health and fitness training programme ▪ Timescales and goal setting

Skills: Included here are the specific skills your child will learn in detail	Learners will develop the following skills that will inform future training and work in the health and fitness sector: • decision making • observation • resourcefulness • problem solving • planning • evaluation • reflection • interpersonal skills • professional behaviours • respect and appreciation of others • an ability to reflect upon their preferred learning style and identify relevant study skills					
Common Lexicon: These are the key words and terms learnt. These can be found on knowledge organisers.	-axial -appendicular -long bones -flat bones -irregular bones -short bones -sesamoid bones -fixed joints -slightly moveable joints -synovial joints -cardiac -smooth -skeletal -agonist -antagonist -origin/insertion -isotonic -isometric -type 1 (slow twitch fibres) -type 2 (fast twitch fibres) -breathing rate (BR) -tidal volume (TV) -vital capacity (VC) -inspiratory reserve volume (IRV) -expiratory reserve volume (ERV) -residual volume (RV) -veins -arteries -capillaries -vascular shunt -deoxygenated -oxygenated -heart rate (HR) -maximum heart rate (MHR) -stroke volume (SV) -cardiac output (CO) -systolic -diastolic	-axial -appendicular -long bones -flat bones -irregular bones -short bones -sesamoid bones -fixed joints -slightly moveable joints -synovial joints -cardiac -smooth -skeletal -agonist -antagonist -origin/insertion -isotonic -isometric -type 1 (slow twitch fibres) -type 2 (fast twitch fibres) -breathing rate (BR) -tidal volume (TV) -vital capacity (VC) -inspiratory reserve volume (IRV) -expiratory reserve volume (ERV) -residual volume (RV) -veins -arteries -capillaries -vascular shunt -deoxygenated -oxygenated -heart rate (HR) -maximum heart rate (MHR) -stroke volume (SV) -cardiac output (CO) -systolic -diastolic	-tidal volume -cardiac output -stroke volume -blood pressure -systolic blood pressure -diastolic blood pressure -temperature -hydration -fatigue -delayed onset muscle soreness (DOMS) -light-headedness -nausea -tiredness -cardiovascular endurance -resting heart rate -cardiac hypertrophy -muscular endurance -improved muscular strength -muscle mass -tendon -ligament -resistance to fatigue -muscle hypertrophy -endomorph -ectomorph -mesomorph -health -physical -mental -social -fitness -body composition -cardiovascular endurance -flexibility -muscular endurance -muscular strength -agility -balance -co-ordination -power -reaction time -speed -specificity -progression -overload -reversibility -tedium -frequency -intensity -time -type	-normative data -validity -reliability -interval -circuit -fartlek -continuous -weight training -plyometric -maximum heart rate (MHR) -active lifestyle -sedentary lifestyle -moderate and vigorous activities -nutrients -fat -carbohydrate -protein -vitamins -minerals -fibre -water -balanced diet -Eatwell Guide -recommended daily allowance (RDA) -hydration -dehydration -energy expenditure -sleep -cool-down -diet -static stretching -massages -ice baths -rehydration -intake of food -rest -performance enhancing drugs -recreational drugs -smoking -alcohol -stress	-physical activity readiness questionnaire (PAR-Q) -lifestyle questionnaire -collect -use -analyse -evaluate -specific -measurable -achievable -realistic -time-bound -short-term -medium-term -long-term	-mobilisation -pulse raiser -dynamic stretches -practice movement -pulse lowering -static stretches -specificity -overload -reversibility -tedium -frequency -intensity -time -principles of training -principles of FITT -components of fitness -methods of training