The Jubilee Academy

NCFE Health & Fitness KS4 Curriculum Map

THE JUBILEE ACADEMY

Aspire and Achieve

Completed Health and Fitness Award

Examination
1 paper
1 hour 30 mins
80 marks

Synoptic Project Deadline

Synoptic Project

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

Synoptic Project Released

Content Area 8 - Structure of a health and fitness programme and how to prepare safety

Students 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

Mock Paper: content areas 5-8

Revision: Content Areas 1-8

Winter Mock Exams

Year 11

End of content Test

/2yúŜyú !ℕŜI· 7 π Applying health and Fitness analysis and setting goals

Students 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.

Content Area 4 - 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

Mock Paper content areas 1-4

End of content Test

Year 10

End of content Test

Content Area 6 - Impact of lifestyle on health & fitness

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

End of content Test

Content Area 5 - Testing and developing components of fitness

Students will understand how to prepare, carry out and collect data on t he appropriate fitness tests

Content Area 3 - Health & fitness and components of fitness

Students 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

End of content Test

End of content Test

Content Area 1 - Structure and functions of the body system

Students 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

Content Area 2 - Effects of health & fitness activities on the body

Students 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 ...