

Year 10 NCFE VCERT Level 1 and 2 Tech Award in Health and Fitness

Term 1	Week 1 03/09	Week 2 10/09	Week 3 17/09	Week 4 24/09	Week 5 01/10	Week 6 08/10	Week 7 15/10	Week 8 29/10	Week 9 05/11	Week 10 12/11	Week 11 19/11	Week 12 26/11	Week 13 03/12
Topic	<p>Unit 01 Introduction to body systems and principles of training in health and fitness (K/616/7093) 40% of the technical award Written examination: 80 marks 1 hour 30 minutes Section 1 – eight multiple choice questions, worth 8 marks. Section 2 – a mixture of objective test questions (including multiple choice) and short answer questions between 1– 6 marks, worth 51 marks. Section 3 – two six-mark and one nine-mark extended response questions worth 21 marks. The written examination will assess the learner’s knowledge and understanding of content from Unit 01 and target assessment objectives AO1, AO2 and AO3. examination availability The examination windows are expected in March and November every year; however, these are subject to change. Learners will have one opportunity to resit. LO1 Understand the structure and function of body systems and how they apply to health and fitness</p>								ASSESSMENT ON LO1	LO 2: Understand the effects of health and fitness activities on the body			
Key objectives	<p>From timetable changeover in June, students will of covered: - 12 lessons approx., a mix of theory and practical lessons covering: 1.1 Skeletal System 1.1.1 Structure of the skeleton 1.1.2 Functions of the skeletal system 1.1.3 Types of bones 1.1.4 Types of joints 1.1.5 Joint actions 1.1.6 Structure of a synovial joint (knee) 1.1.7 Structure of the spine and posture</p> <p>24 lessons – a mix of theory and practical lessons covering: 1.2 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 1.3 Respiratory System 1.3.1 Structure of the respiratory system 1.3.2 Functions of the respiratory system 1.3.3 Lung volumes 1.4 Cardiovascular system 1.4.1 Structure and function of the blood vessel 1.4.2 Structure of the heart 1.4.3 The cardiac cycle 1.4.4 Cardiovascular measurements 1.4.5 Blood pressure 1.5 Energy Systems</p>								Staff to devise an internal mini assessment on topics in LO1 and LO2 – 1 lesson and 2 practical lessons	12 lessons – a mix of theory and practical lessons covering: 2.1.1 Short term effects of health and fitness activities 2.1.2 Long term effects of health and fitness activities			



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Assessment		STAR Mark - 4 mark question on Skeleton			Y10 DD1	DD1 Moderation	Y10 DD1 Deadline	Parents evening 01/11	STAR Mark MINI ASSESSMENT				
Homework													
Term 2	Week 14 10/12	Week 15 17/12	Week 16 07/01/19	Week 17 14/01/19	Week 18 21/01/19	Week 19 28/01/19	Week 20 04/02/19	Week 21 11/02/19	Week 22 25/02/19	Week 23 04/03/19	Week 24 11/03/19	Week 25 18/03/19	Week 26 25/03/19
Topic	Recap of LO1 and LO2 in prep for internal assessment after Christmas		Assessment on LO1 and LO2	LO3: Understand health and fitness and the components of fitness				LO4: Understand the Principles of Training					
Key objectives	6 Lessons a mix of theory and practical lessons to reinforce topics covered		Staff to devise an internal mini assessment on topics in LO1 and LO2 2 lessons theory and 1 practical lesson	15 lessons – a mix of theory and practical lessons covering: - 3.1 Health and fitness 3.1.1 Health and fitness 3.2 Components of fitness 3.2.1 Health-related fitness 3.2.2 Skill-related fitness				6 lessons – a mix of theory and practical lessons covering: - 4.1 Principles of Training 4.1.1 The principles of training 4.1.2 Principles of FITT		3 lessons to prep and revision for assessment			
Assessment		STAR Mark - 4 mark question on Effects of exercise on health and fitness		STAR Mark Internal ASSESSMENT				STAR Mark - 9 mark question on Components of fitness				External assessment 1hr30	
Homework													
Term 3	Week 27 01/04/19	Week 28 08/04/19	Week 29 29/04/19	Week 30 06/05/19	Week 31 13/05/19	Week 32 20/05/19	Week 33 03/06/19	Week 34 10/06/19	Week 35 17/06/19	Week 36 24/06/19	Week 37 01/07/19	Week 38 08/07/19	Week 39 15/07/19
Topic	PRACTICAL LESSONS IN PREPARATION FOR INTERNAL SYNOPTIC ASSESSMENT		<p>60% of the technical award 21 hours of supervised time. The synoptic project will assess the learner's ability to effectively draw together their knowledge, understanding and skills from across the whole vocational area. The synoptic project will target assessment objectives AO1, AO2, AO3, AO4 and AO5. The synoptic project will be externally set by NCFE, internally graded by the centre and externally quality assured by NCFE Externally set Synoptic project Internally graded Externally QA process The learner should not undertake the synoptic project assessment until all teaching content from Unit 01 and Unit 02 has been delivered. This is to ensure that learners are in a position to complete the synoptic project successfully. A different synoptic project brief will be released every December. Therefore learners must use the synoptic project brief released in the December of the academic session they wish to finish the overall qualification. Learners will have one opportunity to resubmit. Internal Synoptic Assessment = LO1 Understand the impact of lifestyle on health and fitness</p>										

