



Year 9 NCFE Level 1 and 2 Tech Award - Health and Fitness – Year 1 of 3

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	2.1 Fitness Testing	2.1 Fitness Testing	2.1 Fitness Testing	2.1 Fitness Testing	2.1 Fitness Testing	2.1 Fitness Testing	2.2 Training methods	2.2 Training methods	2.2 Training methods	2.2 Training methods	2.2 Training methods	2.2 Training methods	2.2 Training methods
Key objectives	1 theory lesson and 2 practical lessons on health component of fitness - Cardiovascular endurance and muscular strength – static, dynamic and explosive inc. fitness testing	1 theory lesson and 2 practical lessons on health component of fitness - Muscular endurance, Body composition and Flexibility inc fitness testing	1 theory lesson and 2 practical lessons on skill component of fitness - agility and Speed inc fitness testing	1 theory lesson and 2 practical lessons on skill component of fitness – co-ordination and power inc fitness testing	1 theory lesson and 2 practical lessons on skill component of fitness – balance and reaction time inc fitness testing	3 theory lessons on using normative data to analyse your own performance in all the tests against data to evaluate your fitness levels	1 theory lesson and 2 practical lessons on Interval training	1 theory lesson and 2 practical lessons on Interval training	1 theory lesson and 2 practical lessons on circuit training	1 theory lesson and 2 practical lessons on fartlek training	1 theory lesson and 2 practical lessons on continuous training	1 theory lesson and 2 practical lessons on resistance and body weight training	1 theory lesson and 2 practical lessons on cross training – a mix of 2 types of training
Assessment				STAR Mark - 4 mark question on Components of fitness covered so far				STAR Mark - 6 mark question on Components of fitness					
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	2.3,1 Heart rate training zones	2.3.2 Repetitions and sets	4.1 The structure of a health and fitness programme	4.1.2 Warm up/Cool down	4.1.2 Warm up/Cool down	4.1.3 Main activity section	4.1.3 Main activity section	4.1.3 Main activity section	4.2 Health and safety	Personal Exercise Programme	Personal Exercise Programme	Personal Exercise Programme	Personal Exercise Programme
Key objectives	1 theory lesson and 2 practical lessons on aerobic and anaerobic training zones - practical lessons on aerobic and anaerobic training – including how to use the CV machines	1 theory lesson and 2 practical lessons on training for power, muscular endurance and muscular strength. 2 practical lessons on training for these components of fitness inc. how to use resistance machines	2 theory lesson and 1 practical lessons on what should you include in a health and fitness programme. 1 practical lesson following a set example	1 theory lesson on benefits of a warm up and phases of a warm up. 1 practical lessons looking at different examples using fitness suite and other facilities. 1 lesson on a scenario/ synoptic assessment to mirror what	1 theory lesson on benefits of a cool down and phases of a cool down. 2 practical lessons looking at different examples using fitness suite and other facilities	1 theory lesson on what CV components should be in a session. 2 practical lessons showing and trying different machines and the impact they have on HR and training zones	1 theory lesson on what resistance training components should be in a session. 2 practical lessons showing and trying different machines to use, how to use them and what they do to the body	1 theory lesson on what CV components should be in a CORE session. 2 practical lessons showing and trying different exercises to build core strength – using Gym balls, yoga, core and abs training	2 theory lessons on health and safety requirements to think about before taking part or setting up a training programme including activity environment, equipment checks and set up and appropriate clothing and footwear. 1 practical lesson on	1 theory lesson on setting up a PEP and 2 practical lessons. 1 on PRE testing – all tests previously looked at and 1 on session 1	1 theory lesson for detailed evaluation of next session and changes from session 1. 1 practical session 2 and 3 working on PEP	1 theory lesson for detailed evaluation of next session and changes from session 2 and 3. 2 practical sessions 4 and 5 working on PEP	1 theory lesson for detailed evaluation of next session and changes from session 4 and 5. 2 practical sessions 6 and 7 working on PEP

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				they will do next year						putting the theory into practice				
Assessment	STAR Mark -4 mark question on types of training			Y9 Assessment 1	Y9 Moderation	Y9 DD1				Y9 Written reports 15.02.19			STAR Mark - 4 mark question on Health and Safety in a training programme	
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	Personal Exercise Programme	Personal Exercise Programme	Personal Exercise Programme	1.1 Lifestyle factors	1.1 Lifestyle factors	1.1 Lifestyle factors	1.1 Lifestyle factors	1.1 Lifestyle factors	1.1 Lifestyle factors	<p>Unit 01 Introduction to body systems and principles of training in health and fitness (K/616/7093)40% of the technical award</p> <p>Written examination: 80 marks 1 hour 30 minutes</p> <p>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.</p> <p>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</p> <p>The examination windows are expected in March and November every year; however, these are subject to change. Learners will have one opportunity to resit.</p> <p>LO1 Understand the structure and function of body systems and how they apply to health and fitness</p>				
Key objectives	1 theory lesson for detailed evaluation of next session and changes from session 6 and 7. 2 practical sessions 8 and 9 working on PEP	1 theory lesson for detailed evaluation of next session and changes from session 8 and 9. 1 practical session 10 and 1 lesson on POST	3 theory lesson. 1 on detailed analysis of PEP and improvement made. 1on preparation for assessment 2 and 1	3 theory lessons different activity levels for sedentary, active and moderate and practical examples on sessions for	3 practical lessons – each group to lead the session they have planned for another group	Diet – 2 lessons on key nutrients of a balance diet. 1 practical lesson in fitness suite	2 theory lessons on balanced diet guidance and recommended changes in terms of portion sizes and eating habits – linking these to different groups of	2 theory lessons on the importance of rest and recovery for health and fitness. 1 practical lesson in fitness suite	2 theory lessons on how lifestyle factors affect performance e.g drugs, alcohol, smoking, stress. 1 theory lesson on mini assessment on lifestyle factors (30	<p>12 lessons approx., a mix of theory and practical lessons covering:</p> <p>1.1 Skeletal System</p> <p>1.1.1 Structure of the skeleton</p> <p>1.1.2 Functions of the skeletal system</p> <p>1.1.3 Types of bones</p> <p>1.1.4 Types of joints</p> <p>1.1.5 Joint actions</p> <p>1.1.6 Structure of a synovial joint (knee)</p>				

