


Year: 11 Subject: V-Cert Health and Fitness Level 1/2	Curriculum Intent: Year 11 Health and Fitness is the final year in this three-year course. The year will start with students working towards completing Non-examined Assessment (NEA). The NEA will assess the learner’s ability to effectively draw together their knowledge, understanding and skills from across the whole vocational area. The students will then switch their focus to revision for the externally assessed exam, which will take place in the May/June exam window. The exam assesses learners’ knowledge and understanding of the content areas of this qualification.					
	Term 1 NEA Completion		Term 2 NEA Completion Content Areas 1 – 8 Revision Exam Technique		Term 3 Revision ASSESSMENT	
Topic Titles (in order of delivery)	1. Tasks 1 - 3	1. Tasks 4 (a) - 5	1. Task 6	Exam Revision	Exam Revision	STUDY LEAVE AND FINAL EXAMS
Key knowledge / Retrieval topics	Task preparation lessons for each task will cover content required.	Task preparation lessons for each task will cover content required.	Task preparation lessons for each task will cover content required.	Content Area 1-6 Exam technique	Content Area 7-8 Exam technique	
Understanding / Sequence of delivery	1 – Fitness Testing 2 – Health and Fitness Analysis Tools 3 – Goal Setting	4 (a) – Programme creation 4 (b) – Food plan creation 5 – Programme completion	6 – Review and Evaluation (Summative Assessment, Feedback and Learner Declaration)	1. Body systems 2. Effects of Health and Fitness Activities 3. Health and Fitness 4. Principles of Training 5. Fitness Testing and Methods of training 6. Lifestyle Factors	1. Applying health and fitness analysis and setting goals 2. Structure of a health and fitness training programme.	