



PHYSICAL EDUCATION

Long Term Plan for KS4 Curriculum (NCFE Health and Fitness)

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10 NCFE Health and Fitness	<i>Structure and Function of the Body Systems Effects of Health and Fitness Activities on the Body</i>	<i>Structure and Function of the Body Systems Effects of Health and Fitness Activities on the Body</i>	<i>Health and Fitness and the Components of Fitness The Principles of Training</i>	<i>Health and Fitness and the Components of Fitness The Principles of Training</i>	<i>Testing and developing Components of Fitness</i>	<i>Testing and developing Components of Fitness</i>

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 11 NCFE Health and Fitness	<i>Impact of Lifestyle on Health and Fitness</i>	<i>Applying Health and Fitness Analysis and Setting Goals</i>	<i>Structure of a Health and Fitness Programme and how to prepare safely</i>	<i>NEA Revision</i>	<i>NEA Revision</i>	

Intent

Key Stage 4

- Pupils to experience a variety of different sports
- Pupils to further a competitive nature
- Maintain a healthy lifestyle during both NCFE and non-NCFE courses
- Further a value for sport and exercise ethos
- To provide an outlet for stress during exam courses

Key Stage 4 – Examination Route

- Develop an understanding of the theory behind Health and Fitness
- Develop knowledge of how the body works during physical exercise and sport
- Development of sports industry skills
- Preparation for sports courses in further and higher education