

Key Stage 4 NCFE Health and Fitness

Year 9

Pupils should use the resources already studied including Progress Checks and DIRT work to revise and enhance understanding of topics covered in the course so far in **UNIT 1: Introduction to body systems and principles of training in health and fitness**. Further learning and revision topics/activities will be sent out by staff through ClassCharts

Key Topics Include:

Understand the structure and function of body systems and how they apply to Health and Fitness

- Skeletal system – including structure, function and joints.
- Muscular System - including structure, movement and fibre type.
- Respiratory system – including structure, function and lung volumes
- Cardiovascular system – including structure, function of the heart and blood vessels

Understand the effects of health and fitness activities on the body

- Energy systems – including short/long term effects of exercise and somatotyping.

Understand health and fitness and the components of fitness

- Components of fitness – health related and skill related.

Understand the principles of training

- Principles of training – including SPORT and FITT

Year 10

Pupils should develop their understanding of **Unit 2: Preparing and planning for Health and Fitness**. This can be done through revision of topics covered so far as well as use of the NCFE Level ½ Technical Award Revision Guide. Further learning and revision topics/activities will be sent out by staff through ClassCharts

Key Topics include:

Understanding the impact of lifestyle on health and fitness

- Lifestyle factors – including activity levels, diet, rest and recovery and other related factors.

Understanding how best to test and develop components of fitness

- Fitness testing – including health related and skill related components of fitness
- Use of data – including national averages.
- Training methods – including heart rate training zones and reps and sets.

Understand how to apply health and fitness analyses and set goals

- Analysis tools – including PAR-Q and food diaries.
- Goal setting – including SMART Goals

Understand the structure of a health and fitness programme and how to prepare safely

- Design of a fitness programme – including warmup/cool down and health and safety.

Year 11

Pupils should refer to the **Unit 2 Preparing and planning for Health and Fitness** content to complete the 5 section of the Controlled Assessment. Work completed at home related to the assessment can be brought to school to support their controlled assessment lessons when they return.

Key Stage 3 and 4 Core PE Curriculum

If working from home pupils should aim to stay safe and physically active wherever possible. Regular exercise builds the immune system as well as boosting mood and general health both mental and physical. (see Physical Activity for children and young people (5-18 years).

Guidelines to follow would include:

- **Aiming to raise the heart rate for extended periods of time, 60 minutes at least once a day**
- Engaging in different intensity activities throughout a week to avoid repetition and boredom.
- Ensure a warm-up is completed before exercise starts and there is a period of cool-down at the end to slowly reduce the heart rate to normal resting levels.
- If you are able to get outside to exercise this is more beneficial.

Activities could include:

- Low intensity activities
 - o walking or playing football in the garden
- Moderate intensity activities
 - o Jogging, cycling, swimming or skating
- High intensity activities
 - o Surfing, running, set online workouts

If you are confined to home there are numerous online resources available with home workouts and exercise programmes to follow suited to all ability and ages and these can be used to maintain or develop fitness.

Any further advice or activity based work will be delivered to pupils and parents through ClassCharts.

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