Eckington School

KS4 Curriculum Roadmap

Physical Education

NCFE Certificate Level 1/2, Technical Award Health & Fitness

Task 6
Review & evaluate

Revision
& written exam

Task 5 - Carry out 4 week training programme

Task 4 (B) Planning a healthy diet

Task 4 (A) Planning a 4 week training programme

Completion of synoptic project (coursework 60%

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Task 1
Assessing the clients fitness

Task 2
PARQ, lifestyle & questionnaire

Task 3
Goal setting

Review & evaluation of activity session

Session planning (warm up / cool down)

Health & Safety

Goal setting

Y11

Training methods & heart rate training zones

Activity levels, rest/recovery & diet

Drugs, smoking & alcohol

Collecting & using data

Testing health & skill fitness

Principles of training

Components of health related & skill related fitness

Long term & short term effects of exercise

Structure of the respiratory system

Function of the respiratory system

Function of the cardiovascular system

Structure of the cardiovascular system

Function of the muscular system.

Structure of the muscular system

Function of the skeletal system

Structure of the skeletal system

Y10

Chorus Education Trust