Curriculum Map: NCFE PE

THE KING'S ACADEMY
Emmanuel Schools Foundation

The NCFE Health and Fitness course is ideal for those students who are interests in a career in health and fitness or for those who enjoy sport but don't play it competitively. The course examines physical training and anatomy and physiology in significant detail. Students will gain experience of fitness testing and programme design within this course, making it perfect for those students who are interested in a career in gym instructing or personal training.

NEA/coursework deadline

Academy Exam

Other assessment

Unit Link

Year 11

Exams

Goal setting and analysis

Physical training

Structure and function of body systems

Components of fitness

Effects of health and fitness activities on the body

Synoptic Project

Practice synoptic project

Work Experience

Goal setting and analysis

Structure of a training programme

Components of fitness

Physical training

Effects of health and fitness activities on the body

Structure and function of body systems

Year 10

Anatomy and Physiology

Physical Training

Health, Fitness and Wellbeing

Year 9