

NCFE PE Curriculum Map – KS4

Term	Units of Study	Curriculum Guidelines	NCFE health and fitness level 1
Autumn 1:	Introduction to health, fitness and exercise	<ul style="list-style-type: none"> • There are no specific recommended prior learning requirements for this qualification. • This qualification has been developed for learners aged 14–16 in schools and colleges but is also accessible for learner’s post-16. • Centres are responsible for ensuring that this qualification is appropriate for the age and ability of learners. They need to make sure that learners can fulfil the requirements of the assessment criteria and comply with the relevant literacy, numeracy and health and safety aspects of the qualification. 	<p>NCFE This qualification is designed for learners with an interest in health and fitness. It will give learners a basic understanding of how fitness contributes to a healthy lifestyle. It will also provide them with the opportunity to develop and experience their own fitness programme.</p>
Autumn 2:	Understanding a healthy lifestyle	<p>The objectives of this qualification are to help learners to:</p> <ul style="list-style-type: none"> • Produce a personal fitness plan 	

		<ul style="list-style-type: none"> • Understand how to develop a personal fitness programme • Understand the importance of a healthy diet • Plan for the delivery of an exercise session, including health and safety considerations 	
Spring 1	Exam	<p>Throughout the delivery of this qualification, the following core areas and transferable skills should be evident:</p> <ul style="list-style-type: none"> • Communication • Problem-solving skills • Research skills • Planning • Health and safety. 	
Spring 2	Planning an exercise session		
Summer 1	Understanding a personal fitness programme		