



#### **INTENT:**

The principal aim of the NCFE course is to develop the students awareness on the importance of health and Fitness. The course is designed to give student the knowledge to understand how the body works and how the body is effected by exercise. The course gives an insight into lifestyle choices and the impact this has on health. As part of this students will learn how to test, measure and develop health and fitness in a safe and effective way. The intent is to give students a platform into KS5 through developing confidence both practically and theoretically.

#### **IMPLEMENTATION**

The course is delivered in two parts.

Part 1 – 40% exam

Part 2 – 60% coursework

Teachers follow the curriculum map and scheme of work designed by NCFE. Teachers follow two different paths as the school has an option block who do 4 hours per week and a compulsory group who do one hour per week.

- Each lesson follows the schools policy of Gold/Silver/Bronze
- Power of three
- Regular mini tests to record progress which is tracked
- Lessons are taught both practically and theoretically

#### **INTENDED IMPACT**

- Improved understanding of the importance of health and fitness
- Increased numbers of students engaging in health and fitness both in and out of school
- Students making better lifestyle choices – including things such as smoking/alcohol/diet and exercise
- Students are able to train and improve fitness both safely and effectively
- Students become more confident and independent when analysing the best ways to improve physical fitness.
- To support students into BTEC NATIONAL which follows similar topics covered by NCFE.

