



Level 3 Diploma in Health & Fitness
BTEC Level 2/3 Sport
A Level Physical Education



Health and Fitness

Final career decision
Sixth Form /College / Apprenticeship

Learning Journey Key		
T1-T6 Terms	Content Area	Mock
NEA	CA Contents	End of CA Test

T5

T4



Revision for External Exam May



Non-Exam Assessment
NEA window - 2 hours planning
Plus 22 hours of Non-Exam Assessment
Task 1
Task 2
Task 3
Task 4a
Task 4b
Task 5
Task 6

T3

Content Review:
Revisit and refresh knowledge of all course content:

1. Body systems
2. Effects of exercise
3. Components of fitness
4. Principles of training
5. Fitness testing
6. Lifestyle factors
7. Health & fitness analysis
8. Structure of a health & fitness programme



Mock NEA

To practice and gain understanding of NEA in the New Year



T2

T1

YEAR
11



Content Area 7:

Applying health and fitness analysis and setting goals

7.1 Health and fitness analysis and goal setting

Content Area 8:

Structure of a health and fitness programme and how to prepare safely

8.1 The structure of a health and fitness programme and how to prepare safely
8.2 Timescales and goal setting



T6



Content Area 6:
Impact of lifestyle on health and fitness
6.1 Lifestyle factors



Content Area 5:
Testing and developing components of fitness
5.1 Fitness Testing
5.2 Training methods
5.3 Optimising health and fitness programme

T5

T4



Content Area 2:

Effects of health and fitness activities on the body

2.1 Effects of health and fitness activities on the body
• Short term effects
• Long term effects

Content Area 3:

Health and fitness and the components of fitness

3.1 Understanding health and fitness
3.2 Components of fitness

Content area 4:

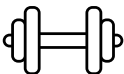
Principles of Training

4.1 Principles of training



T2

T3



T1

YEAR
10

Content area 1:
Structure and function of body systems

1.1 Skeletal System
1.2 Muscular System
1.3 Respiratory System
1.4 Cardiovascular System
1.5 Energy Systems

Induction:
Health and Fitness

Introduction to the course content and style of learning / delivery

Be Kind. Be Confident. Be Ambitious.