



Exmouth Community College Physical Education Journey

NCFE Health and Fitness Curriculum Map

BTEC Level 3 in Sport

A Level Pe

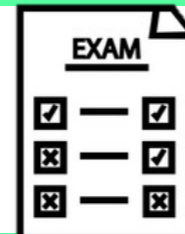
NCFE Level 1-2 Breakdown

Coursework – 60%
Examination – 40%

Qualification number: 603/2650/5

Unit 1 - Examination

The examination element of this course refers to Unit 1 – The test covers areas such as Body systems, effects of exercise, health and fitness and components of fitness



Unit 2 – Internally Assessed Coursework

Preparing for Health and Fitness
Health and Fitness project



Unit 1 - Theory lessons

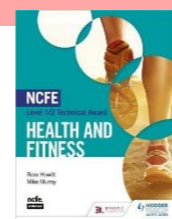
You will cover health and fitness, components of fitness and principles of fitness during the remainder of year 10 and start of year 11

Unit 1 – Practical lessons

You will cover body systems and effects of exercise linked to practical activities.

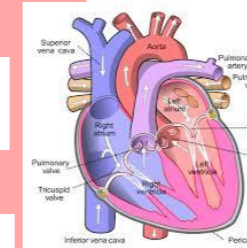


Year
11



Unit 1 - Theory lessons

You will cover body systems and effects of exercise in the first 2 terms of year 10



Year
10



Examination (40%)

For Unit 1, you will complete an externally assessed examination. You will get a maximum of two attempts to complete this examination.

Learners will need to know about:
Body systems
Effects of exercise
Health and fitness
Components and principles of fitness training

Your NCFE Sport Journey starts here ...