

THE HAYLING COLLEGE

Year 10 NCFE Level 1/2 Technical Award in Health and Fitness

Scheme of Work 2026-27

Teaching sequence: Components of Fitness → Fitness Testing → Body Systems → Principles of Training → Training Methods → Lifestyle Factors → Optimising a Programme → Effects of Exercise → Goal Setting → Programme Planning

Week commencing	Unit / Topic	Lesson title	Detailed lesson objective
07/09/2026	Components of Fitness	Health, Fitness and Health-Related Components	Understand the relationship between health and fitness and identify, define and apply the health-related components of fitness to health and fitness activities.
14/09/2026	Components of Fitness	Skill-Related Components of Fitness	Identify, define and apply the skill-related components of fitness to a range of health and fitness activities and sporting examples.
21/09/2026	Components of Fitness	Applying Components of Fitness	Compare the importance of different components for different performers and activities and justify which components are most important for successful performance.
28/09/2026	Fitness Testing	Introduction to Fitness Testing	Understand why fitness testing is used and match appropriate fitness tests to specific components of fitness, recognising the importance of correct protocols.
05/10/2026	Fitness Testing	Practical Fitness Testing	Carry out a range of health-related and skill-related fitness tests using correct procedures, safe practice and accurate recording of results.
12/10/2026	Fitness Testing	Interpreting Fitness Test Results	Interpret fitness test data to identify strengths and weaknesses, and understand the meaning and importance of validity, reliability and accuracy.
19/10/2026	Body Systems - Skeletal	Introduction to Body Systems / Skeletal System 1	Identify the main body systems studied within health and fitness and begin detailed study of the skeletal system, including major bones and key functions.
26/10/2026	HOLIDAY	AUTUMN HALF TERM	No teaching.
02/11/2026	Body Systems - Skeletal	Skeletal System 2: Bones and Functions	Identify the major bones of the body and explain the key functions of the skeletal system, applying these functions to health and fitness activity.
09/11/2026	Body Systems - Skeletal	Skeletal System 3: Types of Bone, Skeleton and Joints	Understand axial and appendicular skeletons, types of bone, types of joint and the movements possible at key joints, applying them to activity examples.
16/11/2026	Body Systems - Muscular	Muscular System 1: Major Muscles	Identify the major muscles of the body, locate them accurately and explain their role in producing movement during health and fitness activities.
23/11/2026	Body Systems - Muscular	Muscular System 2: Muscles and Movement	Explain how muscles work with bones and joints to produce movement, including the roles of agonists and antagonists in practical examples.
30/11/2026	Body Systems - Muscular	Muscular System 3: Muscle Contractions	Understand and distinguish between concentric, eccentric and isometric muscle contractions and apply each to health and fitness activities.
07/12/2026	Body Systems - Cardiovascular	Cardiovascular System 1: Heart Structure	Identify the main structures of the heart and explain the function of chambers, valves and major blood vessels within the cardiovascular system.
14/12/2026	Body Systems - Cardiovascular	Cardiovascular System 2: Blood Flow and Blood Vessels	Explain the pathway of blood through the heart, lungs and body, and compare the structure and function of arteries, veins and capillaries.
21/12/2026	HOLIDAY	CHRISTMAS HOLIDAY	No teaching.
28/12/2026	HOLIDAY	CHRISTMAS HOLIDAY	No teaching.
04/01/2027	Body Systems - Cardiovascular	Cardiovascular System 3: Blood and Cardiovascular Function	Understand the role of blood and the cardiovascular system in transporting oxygen, nutrients and waste products during health and fitness activity.
11/01/2027	Body Systems - Respiratory	Respiratory System 1: Structure and Function	Identify the main structures of the respiratory system and explain their functions in breathing and the delivery of oxygen to the body.

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18/01/2027	Body Systems - Respiratory	Respiratory System 2: Breathing and Gaseous Exchange	Explain inspiration, expiration and gaseous exchange at the alveoli, and relate these processes to health and fitness activity.
25/01/2027	Body Systems - Respiratory	Respiratory System 3: Exercise Responses	Explain how breathing rate, breathing depth and oxygen demand change during exercise and how the respiratory system supports physical activity.
01/02/2027	Body Systems	Body Systems Working Together 1	Explain how the skeletal, muscular, cardiovascular and respiratory systems interact to produce and sustain movement during exercise.
08/02/2027	Body Systems	Body Systems Working Together 2 / Assessment	Apply knowledge of body systems to movement and exercise scenarios and demonstrate understanding through NCFE-style application and assessment tasks.
15/02/2027	HOLIDAY	SPRING HALF TERM	No teaching.
22/02/2027	Principles of Training	Principles of Training 1	Identify and explain the key principles of training and understand why they are necessary when developing fitness safely and effectively.
01/03/2027	Principles of Training	Principles of Training 2: Applying the Principles	Apply appropriate training principles to different individuals, fitness goals and scenarios, justifying how they support progression and prevent reversibility.
08/03/2027	Training Methods	Aerobic Training Methods	Understand continuous, interval and fartlek training and explain how each method can be used to improve specific components of fitness.
15/03/2027	Training Methods	Resistance and Circuit Training	Understand resistance and circuit training and explain how each can be adapted to develop different components of fitness for different performers.
22/03/2027	Training Methods	Flexibility and Other Training Methods	Understand flexibility and other relevant training methods and select appropriate methods for different individuals, goals and activities.
29/03/2027	HOLIDAY	EASTER HOLIDAY	No teaching.
05/04/2027	HOLIDAY	EASTER HOLIDAY	No teaching.
12/04/2027	Training Methods	Comparing and Selecting Training Methods	Compare training methods and justify which are most appropriate for an individual based on their needs, goals, fitness levels and activity.
19/04/2027	Lifestyle Factors	Physical Activity and Sedentary Lifestyle	Explain how physical activity levels and sedentary behaviour can positively or negatively affect physical health, mental wellbeing and fitness.
26/04/2027	Lifestyle Factors	Diet, Nutrition and Hydration	Explain how diet, nutrition and hydration influence health, fitness, recovery and the ability to participate effectively in physical activity.
03/05/2027	Lifestyle Factors	Sleep, Stress, Smoking and Alcohol	Explain how lifestyle factors including sleep, stress, smoking and alcohol can positively or negatively affect health and fitness.
10/05/2027	Optimising a Programme	Making Training Effective	Understand how training variables can be manipulated to make a programme effective and appropriate to an individual's needs and goals.
17/05/2027	Optimising a Programme	Progression, Overload and Recovery	Explain how progression, overload, rest and recovery influence fitness development, adaptation and safe participation.
24/05/2027	Optimising a Programme	Monitoring and Adapting a Programme	Understand how progress can be monitored and explain how a health and fitness programme can be adapted in response to results, feedback and changing needs.
31/05/2027	HOLIDAY	SUMMER HALF TERM	No teaching.
07/06/2027	Effects of Exercise	Short-Term Effects of Exercise	Identify and explain the immediate effects of exercise on the muscular, cardiovascular and respiratory systems during and immediately after activity.
14/06/2027	Effects of Exercise	Long-Term Effects of Exercise	Explain the long-term adaptations that occur in the body as a result of regular health and fitness training and link them to health and performance.
21/06/2027	Effects of Exercise	Applying the Effects of Exercise	Compare short-term responses with long-term adaptations and apply this knowledge to different activities, training methods and performers.
28/06/2027	Goal Setting	Health and Fitness Analysis	Use information about an individual's lifestyle, activity levels and fitness test results to identify strengths, areas for improvement and priorities for development.
05/07/2027	Goal Setting	SMART Goal Setting	Understand the purpose of goal setting and create appropriate SMART short-term and long-term goals based on an individual's health and fitness needs.

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12/07/2027	Programme Planning	Planning a Health and Fitness Programme	Bring together fitness testing, analysis, goals, training principles and training methods to select suitable activities for a safe and appropriate programme.
19/07/2027	Programme Planning	Building and Justifying a Programme	Begin constructing and justifying a personalised health and fitness programme, explaining choices in relation to the individual's needs, goals and fitness data.