

THE HAYLING COLLEGE

Year 11 NCFE Level 1/2 Technical Award in Health and Fitness

Scheme of Work 2026-27 - Revised NEA and Exam Preparation Plan

DELIVERY / ASSESSMENT REQUIREMENTS	THE HAYLING COLLEGE DELIVERY MODEL
Qualification assessment	NEA: 60%, 88 raw marks, 22 hours supervised assessment plus 2 hours preparation/research. Exam: 40%, 80 marks, 1 hour 30 minutes, externally marked.
Normal weekly timetable	Pupils normally receive 2 NCFE Health and Fitness lessons each week: 1 theory lesson and 1 practical/application lesson.
During NEA	The normal theory/practical split will be suspended. Both weekly lessons may be used for supervised NEA work, practical evidence, fitness testing, programme completion and controlled assessment as required by the live brief.
Full NEA days	Two full days off timetable will be booked in an ICT room during the NEA window to provide extended controlled-assessment time and help the cohort reach the required supervised hours. Exact dates to be confirmed in the school calendar.
Preparation/research	The full 2 hours of permitted preparation and research must be allocated. Pupils may use permitted open-book sources to create the research support pack allowed by NCFE.
NEA brief	The live externally set NEA brief must be used. The task headings below are based on the published sample structure and should be updated if the live 2026/27 brief changes wording, order or task requirements.
Assessment conditions	Formal NEA work must be completed under NCFE supervised conditions. Teachers may teach/reteach content outside assessed time but must not provide prohibited formative feedback on assessed learner evidence.
Mock examination	Full mock examination to take place in January. Mock analysis will drive targeted reteaching, with extra curriculum time allocated to Body Systems.
Exam preparation	After February half term, the normal theory/practical pattern may change. Both weekly lessons can be used for exam preparation where needed, with practical application retained when it strengthens understanding.

W/C	Phase / Unit	Lesson title / focus	Detailed lesson objective	Delivery notes
07/09/2026	Exam preparation	Body Systems 1 - Skeletal System	Retrieve major bones, functions of the skeleton, axial and appendicular skeleton, types of bone and their application to health and fitness activities.	Theory focus with practical movement/application examples.
14/09/2026	Exam preparation	Body Systems 2 - Joints & Movement	Recall joint types, locations, articulating bones and movements. Apply joint actions accurately to exercise and sporting examples.	Theory + practical movement analysis.
21/09/2026	Exam preparation	Body Systems 3 - Muscular System	Retrieve major muscles, muscle functions and antagonistic muscle action and apply them to movement during health and fitness activities.	Theory + practical muscle/action identification.
28/09/2026	Exam preparation	Body Systems 4 - Muscle Contractions	Explain and apply concentric, eccentric and isometric contractions to exercises and health and fitness activities.	Practical demonstrations integrated.
05/10/2026	Exam preparation	Body Systems 5 - Cardiovascular System	Retrieve heart structure, blood flow, blood vessels and key cardiovascular functions and apply them to exercise.	Theory focus.
12/10/2026	Exam preparation	Body Systems 6 - Respiratory System	Retrieve respiratory structures, mechanics of breathing and gaseous exchange and apply them to physical activity.	Theory + practical observation of exercise responses.
19/10/2026	Exam preparation	Body Systems 7 - Synoptic Application	Connect skeletal, muscular, cardiovascular and respiratory knowledge and answer NCFE-style application and extended-response questions.	Exam practice; identify gaps before NEA.
26/10/2026	Holiday	AUTUMN HALF TERM	No teaching.	
02/11/2026	NEA preparation	Live NEA Brief - 2 Hour Preparation & Research	Interpret the live brief, identify the client/context and complete the permitted preparation and research. Produce the NCFE-permitted research support pack for use during formal NEA time.	Both weekly lessons become NEA preparation; ICT access required.
09/11/2026	NEA Task 1	Task 1 - Fitness Assessment	Complete the Task 1 requirements from the live brief. Based on the sample structure, pupils select and conduct appropriate fitness tests, record results and use relevant comparison data to assess fitness.	Supervised NEA; practical testing plus ICT evidence as required.
16/11/2026	NEA Task 1 / 2	Task 1 Completion / Task 2 - General	Complete remaining Task 1 evidence and begin Task 2. Based on the sample structure,	Supervised NEA. Theory/practical split

Planning basis: NCFE Level 1/2 Technical Award in Health and Fitness (603/7007/5), Specification v1.5. Live NEA brief, NCFE assessment conditions and published timetable take precedence.

W/C	Phase / Unit	Lesson title / focus	Detailed lesson objective	Delivery notes
		Assessment	pupils gather and interpret relevant health, lifestyle and readiness-to-exercise information about the client.	suspended.
23/11/2026	NEA Task 2	Task 2 - General Assessment of the Client	Complete the live Task 2 requirements, analysing the client's relevant lifestyle, health and fitness information and identifying key strengths and areas for development.	Supervised NEA; ICT room preferred.
30/11/2026	NEA Task 3	Task 3 - Goal Setting	Complete the live Task 3 requirements. Use evidence from earlier assessment tasks to set appropriate goals and justify why the goals suit the client's needs.	Supervised NEA.
07/12/2026	NEA Task 4	Task 4 - Programme Planning	Begin the live Task 4 requirements. Select and justify suitable training methods, principles, exercise choices, frequency, intensity, duration and progression to meet the client's goals.	Supervised NEA; ICT room.
14/12/2026	NEA Task 4	Task 4 - Programme / Nutrition Requirements	Continue and complete the live Task 4 evidence. Where required by the live brief, include appropriate nutritional/dietary planning and justify choices in relation to the client's needs and goals.	Supervised NEA.
21/12/2026	Holiday	CHRISTMAS HOLIDAY	No teaching.	
28/12/2026	Holiday	CHRISTMAS HOLIDAY	No teaching.	
04/01/2027	Exam preparation	January Mock Preparation - Body Systems	Revisit the highest-value Body Systems knowledge before the mock: bones, joints, muscles, contractions, cardiovascular and respiratory systems, with intensive application-question practice.	Both lessons may be theory/exam preparation this week.
11/01/2027	Mock examination	FULL MOCK EXAMINATION	Complete a full timed NCFE-style mock under formal conditions. Use a current valid NCFE mock paper where available through the Portal.	Full formal mock; 1 hour 30 minutes.
18/01/2027	Mock analysis / NEA	Mock Review + NEA Restart	Analyse question-level mock performance, reteach priority misconceptions - especially Body Systems - then resume the live NEA at the appropriate task point.	Theory lesson = mock review; second lesson = NEA unless more reteaching is needed.
25/01/2027	NEA Task 5	Task 5 - Complete / Undertake Fitness Programme	Work through the live Task 5 requirements. Based on the sample structure, pupils undertake and document the planned fitness programme, recording relevant training evidence and reflecting on sessions.	Supervised NEA. Practical lesson(s) used for programme evidence.
01/02/2027	NEA Task 5	Task 5 - Programme Evidence & Practical Application	Continue the live Task 5 requirements, completing practical programme evidence, logs and any required evaluation of individual sessions or exercise choices.	Supervised NEA; practical and ICT time.
08/02/2027	NEA Task 6	Task 6 - Review and Evaluation	Complete the live Task 6 requirements. Based on the sample structure, pupils review outcomes, compare relevant post-programme evidence/results with baseline information and evaluate programme effectiveness.	Supervised NEA; final evidence and authentication.
15/02/2027	Holiday	SPRING HALF TERM	No teaching.	
22/02/2027	Exam preparation	Body Systems 8 - Skeletal & Muscular Mastery	Re-teach and secure mock-identified gaps in skeletal and muscular systems. Practise 1-6 mark NCFE-style questions requiring accurate application to movement and fitness activities.	Both lessons available for exam preparation.
01/03/2027	Exam preparation	Body Systems 9 - Cardiovascular & Respiratory Mastery	Re-teach and secure mock-identified gaps in cardiovascular and respiratory systems, including heart/blood vessels, ventilation, gaseous exchange and exercise application.	Theory + practical application where helpful.
08/03/2027	Exam preparation	Body Systems 10 - Integrated Systems & Exam Questions	Analyse how body systems work together during health and fitness activities and complete mixed short- and extended-response questions.	Timed question practice.
15/03/2027	Exam preparation	Effects of Exercise	Explain short-term responses and long-term adaptations to exercise and link each effect to the relevant body system and health/fitness outcome.	Theory + practical examples.
22/03/2027	Exam preparation	Components of Fitness & Fitness Testing	Retrieve components, testing protocols, data interpretation, validity and reliability and apply knowledge to vocational and sporting scenarios.	Mixed retrieval and exam practice.
29/03/2027	Holiday	EASTER HOLIDAY	No teaching.	
05/04/2027	Holiday	EASTER HOLIDAY	No teaching.	
12/04/2027	Exam preparation	Principles of Training	Apply principles of training to different individuals and goals and answer NCFE-style selection, explanation and justification questions.	Exam focus.
19/04/2027	Exam preparation	Training Methods & Optimising a Programme	Compare and justify training methods and explain how variables, progression, recovery and monitoring can optimise a programme.	Exam focus.
26/04/2027	Exam preparation	Lifestyle Factors	Explain and apply the effects of lifestyle factors on health and fitness, including how positive and negative lifestyle choices influence programme needs.	Exam focus.
03/05/2027	Exam preparation	Goal Setting & Programme Planning	Analyse client information, set appropriate goals and justify programme decisions using fitness testing, lifestyle, principles and training methods.	Synoptic exam practice.
10/05/2027	Exam preparation	Final Mixed Paper & Extended Response	Complete targeted whole-course retrieval, mixed exam questions and extended responses, using individual mock/question-level gaps to prioritise revision.	Both lessons theory/exam preparation.
17/05/2027	External assessment	Final Preparation / External Assessment	Complete concise retrieval and confidence-building exam preparation immediately before the NCFE external assessment. Follow the published NCFE timetable for the final assessment date/time.	Normal practical lesson can convert to final exam preparation.
24/05/2027	Course complete	Post-assessment PE / Enrichment	External assessment completed. Use remaining lessons for PE, health and fitness enrichment, progression or school-directed provision.	Return to practical/enrichment model.
31/05/2027	Holiday	SUMMER HALF TERM	No teaching.	