

YEAR 7 PE ROAD MAP

HEAD (THINKING) Developing fundamental physical competence, and simple tactics
Begin to evaluate own and others' performance
Follow instructions and apply feedback

HEART Build confidence and willingness to participate
Develop teamwork and respect for others
Show resilience and positive attitude

HANDS Develop fundamental movement
Develop fundamental skills (running, jumping, throwing, catch)

HEART Perform basic techniques with control
improve coordination and balance

YEAR 8 PE ROAD MAP

HEAD

Apply simple tactics in different activities

Begin to analyze performance and suggest improvements, Understand fitness components (strength, stamina, flexibility)

HEART

Take responsibility within a team
Show leadership in small roles

Take responsibility within a team Demonstrate fair play and sportsmanship

HANDS

Refine and link skills together fluently

Reform techniques with increasing accuracy
Improve physical fitness and consistency

YEAR 9 PE ROAD MAP

HEAD

Use strategies
and tactics
effectively in games

Analyse performance with more detail
Understand principles of training and
health

HEART

Lead warm-
ups or small
group activities

Show determination and independence
Encourage and support others

HANDS

Perform
advanced
skills

with control and precision

Combine skills in competitive situations
Demonstrate improved
strength, stamina, and

HEALTH & FITNESS CURRICULUM

ROAD MAP

IMPACT OF LIFESTYLE ON HEALTH AND FITNESS

EFFECTS OF HEALTH AND FITNESS ON

COMPONENTS OF FITNESS

FITNESS ANALYSIS AND GOAL SETTING

YEAR 11 PE ROAD MAP

HEAD

Evaluate performance critically and independently

Analys timed decisions in complex game situations
Understand training methods, fitness testing, and health

HEART

show leadership, responsibility, and role modelling

Maintain motivation and self-discipline
Show commitment, motivation, and resilience
Work effectively as part of a team under pressure

HANDS

Perform skills at a high level with precision

Perform skills at a high level with precision
Adapt performance to different situations
Sustain high levels of fitness and performance

NCFE LEVEL 1/2 HEALTH & FITNESS ROAD MAP

UNIT 1



Body Systems

Learn about the skeletal, muscular, cardiovascular and respiratory systems, plus joints, bones and movement.

UNIT 2



Effects on the Body

Explore the short-term and long-term effects of exercise, including fatigue, recovery and body adaptations.

UNIT 3



Components of Fitness

Understand health and fitness, and learn the key components such as strength, stamina, speed, flexibility and balance.

UNIT 4



Principles of Training

Use SPORT and FITT to plan effective training and understand overload, progression, specificity and reversibility.

UNIT 5



Fitness Testing

Find out how fitness is tested, how to read results, and how different training methods improve performance.

UNIT 6



Lifestyle Factors

Look at how diet, sleep, hydration, stress, smoking, alcohol and activity levels affect health and fitness.

UNIT 7



Analysis & Goal Setting

Analyse strengths and weaknesses, review results and set SMART goals to improve health and fitness.

UNIT 8



Programmes & Safety

Learn how to structure a training programme, prepare safely, warm up, cool down and review sessions.

Assessment: Unit 01 external exam + Unit 02 synoptic project

*Qualification content may change depending on the learner's pathway.