NCFE Level 1/2 Technical Award
Health and Fitness

How to revise

• Use your revision checklist (PLC) to identify each topic area and what you need to know about them
• Create A3 revision maps for each topic.
  o Summarise the key information on them – memorise these!
  o Understand and identify the main body systems (structure) and their functions in health and fitness activities
  o Know the short and long term effects of training and be able to apply these to health and fitness activities
  o Know what health and fitness means and the relationship between them
  o Know health and skill related components of fitness, how they are used and understand the effect the improvements to the components have on performance of health and fitness activities
  o Understand the principles of training and FITT and be able to apply them to health and fitness activities

• Get parents, friends and family to test you
• Do exam questions under timed conditions for each topic covered

Resources available to you

• **Wednesday P6 session in B19** - Please come along to focus on key areas
• Use your NCFE Health and Fitness revision/work book
• Use the NCFE Health and Fitness textbook
• Use your revision checklist (PLCs) located in your exercise books
• Use the exam answer framework (PEE) to develop exam technique
• Use past papers to do questions. These can be found on the NCFE website [https://www.qualhub.co.uk/qualification-search/qualification-detail/ncfe-level-12-technical-award-in-health-and-fitness-4579](https://www.qualhub.co.uk/qualification-search/qualification-detail/ncfe-level-12-technical-award-in-health-and-fitness-4579)
• Use the Iachieve platform to revisit topics and practice assessment questions [https://app.iachieve.org.uk/login](https://app.iachieve.org.uk/login)
• Email l.jefferies@Hayesfield.com or J.Dixon@hayesfield.com if you need help.

Key dates
Unit 1: 11th March (Year 10)
Unit 2: 15th May (Year 11)
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