



17th December 2020

Dear Parent/Carer,

VCERT Health and Fitness Synoptic Project Assessment: January – March 2021

As you will be aware, your son/daughter has been studying the NCFE VCERT Health and Fitness Level 1/2 qualification since Year 9. Students completed an external exam in March, which assessed their knowledge of component 1 of the course (introduction to the body systems and principles of training in health and fitness). Each student was awarded their result of this examination during the summer term. Some students recently completed a re-sit of the exam in November, and these results will be published on 27th January. This external examination makes up 40% of the overall result of the qualification.

Throughout this term, students have been learning the relevant content from component 2 (understanding the effects of health and fitness activities on the body). Students are now ready to complete their assessment in this component which will make up the final 60% of their overall grade.

I want to make you aware of the assessment procedures for this component of the qualification and the expectations for students in order for them to achieve the best possible outcomes.

- The assessment will take the form of a written synoptic project which will assess student's ability to apply knowledge learnt to a scenario based assessment task, focusing on designing, implementing and evaluating a health and fitness programme.
- The assessment will take place under controlled conditions and over the duration of 21 hours.
- The assessment hours will start during the student's first VCERT Health and Fitness lesson of the new term (week beginning 4th January).
- All of the assessment hours will take place during the student's two theory lessons each week and will run up to the middle of March.
- Students will have guidance from their teachers during the assessment period and will be able to respond to feedback from their teachers in order to ensure they complete the tasks fully.

In order to be successful within this assessment, students should endeavour to:

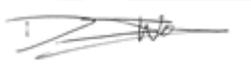
- Ensure they attend all of their lessons and focus on completing the assessment tasks set in each particular lesson.
- Communicate with their teacher if they are absent from a lesson to ensure they understand what they need to do in order to stay on track with the assessment tasks, and how they can make up the time they have lost from being absent.

- Come to lessons prepared with their books containing relevant notes.
- Use extended learning time to revise relevant topic areas, enabling them to apply knowledge effectively to the tasks. Teachers will use Epraise to set extended learning revision tasks appropriate to the assessment.
- Apply themselves fully to every lesson and use their time wisely within each lesson to complete set assessment tasks.
- Ensure they save the work they have completed each lesson (the tasks will be completed using computers) and remain organised with their completed work in preparation for printing and submission at the end of the allocated time.

We very much look forward to working with the students during this internal assessment period and are confident that with hard work and focus throughout the next term, students will achieve the results they deserve. Your son/daughter's teacher will be in contact throughout the assessment period in order to keep you updated with their progress.

If you have any further questions regarding the synoptic project assessment, or the qualification in general, please do not hesitate to contact me.

Yours sincerely



Mr D Welch
Director of Sport