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# **PRINCIPAL MODERATOR'S REPORT**

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**ENTRY PATHWAYS  
HEALTHY LIVING AND FITNESS**

**JANUARY 2021**

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**HEALTHY LIVING AND FITNESS**

**January 2021**

This year it has not been possible for moderators to visit the centres in order to see the practical work of the candidates. Centres have provided detailed information about the way in which the candidates have met the required assessment criteria for each of the modules entered. This information has been submitted in various ways.

All centres have provided video or photographic evidence, this is supplemented by detailed witness statements provided by the teachers. It is pleasing to see that schools have referred to the specific assessment criteria when describing the achievement of the candidates. Video evidence is most helpful as it shows the level of achievement of individual candidates.

Only a few centres take advantage of entering students for examination in January. This allows the candidates to present some modules at this time and complete the rest of the modules required for the examination in the next session.

Centres continue to expand the activities that they offer the students. Activities such as stand-up paddle boarding as an option for Adventurous Activities have allowed candidates to participate in an activity not often seen on the curriculum.

In the past, some centres have queried what activity they can use to meet learning outcome 3 in the module; Frequent and Regular Physical Activity for Health, Fitness and Well-Being. This year one Centre has successfully used the Couch to 5K programme. Candidates were able to improve their fitness gradually over a period of time.

It is evident from the work submitted from each centre that the candidates entered for this course are receiving full support from their teachers in order to develop and improve their skills.



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