

NCFE Sports - Yearly Overview 2023-2024

The aim of delivering this subject:

Prepare pupils for the theory aspect of sports in year 10/11. Key stage 4 pupils to gain a level 2 certificate within NCFE sports.

Subject: NCFE Sports	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Skeletal system	Muscular system	Vital organs	Nutrition	Fitness	My goals
Year 8	Skeletal system	Muscular system	Vital organs	Nutrition	Fitness	My goals
Year 9	<p>Unit 57 – Taking Part in Sport</p> <p>1: To know about a sporting activity:</p> <p>1.1 – List the main benefits of being actively involved in sport.</p> <p>1.2 – Select a sport suitable to your particular needs.</p> <p>1.3 – List the health and safety considerations for your chosen sport.</p> <p>1.4 – List the essential rules of your chosen sport.</p>	<p>2: To be able to participate in a sporting activity:</p> <p>2.1 – To take part in chosen warm-up activities.</p> <p>2.2 – To take part in your chosen sporting activity over a period of time.</p> <p>3: To be able to review your performance in a sporting activity:</p> <p>3.1 – Identify the positive aspects of your own performance in your chosen sporting activity.</p>	<p>Unit 58 – Planning a Fitness Programme</p> <p>1: To know the components of physical fitness:</p> <p>1.1 – Outline the components of physical fitness.</p> <p>2: To be able to assess your own fitness level:</p> <p>2.1 – To assess your own level of fitness.</p> <p>3:1 To be able to plan your own fitness programme:</p> <p>3.1 – To set your own fitness targets.</p>	<p>3.2 – To plan a programme to meet your own fitness targets.</p> <p>4: To be able to implement your own fitness programme.</p> <p>4.1 – To follow your own fitness programme over a planned period of time.</p>	<p>5: To know how to overcome barriers to achievement of fitness goals:</p> <p>5.1 – Identify areas to achieving your own fitness goals.</p> <p>5.2 – Identify ways to overcome barriers to achieving your own fitness goals.</p> <p>6: To be able to review your own fitness programme:</p> <p>6.1 – Assess your own fitness programme and identify what went well.</p>	<p>Revisit previous units, opportunity to upgrade outcomes.</p>

Subject: NCFE Sports	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	1.5 – Outline suitable activities for warming up for your chosen sport.	3.2 – Identify areas of the sporting activity which require improvement. 3.3 – Suggest ways you can improve your performance.				
Year 10	Unit 1: participating in sport, M/505/993	Unit 1: participating in sport, M/505/9936	Unit 2: understanding business in sport, H/505/9948	Unit 2: understanding business in sport, H/505/9948	Unit 2: understanding business in sport, H/505/9948	Revisit previous units, opportunity to upgrade outcomes.
Year 11	Unit 3: Preparing to work in the sport and leisure industry, Y/505/9977	Unit 3: Preparing to work in the sport and leisure industry, Y/505/9977	Unit 4: Anatomy and Physiology in sport R/505/9959 Or Revision and catch-up sessions	Unit 4: Anatomy and Physiology in sport R/505/9959 Or Revision and catch-up sessions	Revisit previous units, opportunity to upgrade outcomes.	Revisit previous units, opportunity to upgrade outcomes.