



# NCFE – YEAR 10 – LEARNING JOURNEY

## REVISION/END OF YEAR ASSESSMENT

- Health related components of fitness
- Skill Related components of fitness
- FITT
- SPORT

Grade Boundaries /80 (Approx)

L2D – 57 L2M – 45  
L2P – 34 L1 D – 27  
L1M – 20 L1P – 14

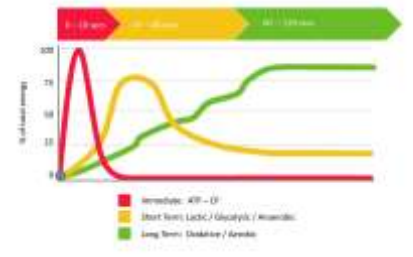
End of year assessment / PPE

- Components of fitness
- Principles of training
- Energy systems
- Effects of exercise
- Respiratory system
  - CV system
- Muscular system
- Skeletal system

**TERM 6**

### Section 6 – Components of fitness/ Principles of Training

- Aerobic energy system
- Anaerobic energy system
- Short term effects of exercise
- Long term effects of exercise



End of Topic test Term 5

- Energy systems
- Effects of exercise
- Respiratory system
  - CV system
- Muscular system
- Skeletal system

### Section 5 – The Energy System/Effects of Exercise

**TERM 5**

- Structure of respiratory system
- Function of the respiratory system
- Lung volumes



End of Topic test Term 4

- Respiratory system
  - CV system
- Muscular system
- Skeletal system

**TERM 4**

### Section 4– The Respiratory System

- Structure and function of the heart
- Structure and function of blood vessels
- The Cardiac Cycle
- Cardiovascular measurements
- Blood Pressure



End of Topic test Term 3

- CV system
- Muscular system
- Skeletal system

### Section 3 – The Cardiovascular System

**TERM 3**

- Structure and function of the muscular system
- Three different types of muscle
- Muscular movement and contractions
- Muscle fibre types



End of Topic test Term 2

- Muscular system
- Skeletal system

**TERM 2**

### Section 2 – The Muscular System

- Structure and function of the skeleton
- Types of bones
- Types of joints and joint actions
- Structure of a synovial joint
- Structure of the spine and posture

End of Topic test Term 1

- Skeletal system

### Section 1 – The Skeletal System

**TERM 1**

