



# NCFE – YEAR 11 – LEARNING JOURNEY

## BTEC National Sport – 6<sup>th</sup> form



- Anatomy
- Fitness planning
- Careers in sport
- Practical sports

Level 3 courses at Aylesford

BTEC National Sport – Extended Certificate

TERM 6

### Course completion

Exam Date: 20/05/25  
PM Exam on all content!

Prepare for future exams

Time can be used to prepare for exams in other subjects.

Grade Boundaries /80 (Average)

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



NCFE Exam – 20<sup>th</sup> May 2025

TERM 5



- Skeletal system
- Muscular system
- Cardiovascular system
- Respiratory system
- Energy systems
- Effects of Exercise
- Components of fitness
- Principles of Training
- Methods of Training
- Lifestyle Factors
- Fitness Programme Planning
- Goal Setting

Grade Boundary

L2D- Detailed analysis and use of subject terminology is accurate  
 L2M – Detailed responses with some inaccuracy in the work.  
 L2P – Mostly identified with some inaccuracy

TERM 4

### Project Final Submission & Recap of Exam Content

Study day

Completion of project

- Task 4a: Development of a Health and Fitness
- Task 4b: Development of a Diet Plan
- Task 5: Completion of a Fitness Training Programme
- Task 6: Review and Evaluation



### Project (60% overall grade)

TERM 3



- Task 1: Fitness Assessment of Client
- Task 2: General Assessment of Client
- Task 3: Setting of Appropriate Goals

Project released

November (24 hours of supervised time to complete project)

November PPE:

- Skeletal system
- Muscular system
- Cardiovascular system
- Respiratory system
- Energy systems
- Effects of Exercise
- Components of fitness
- Principles of Training
- Methods of Training
- Lifestyle Factors
- Fitness Programme Planning
- Goal Setting

TERM 2

### Lifestyle Factors & Structuring a H+F Programme

Assessment term 1

All Y10 Content+  
 Methods of Training  
 Components of Fitness  
 Fitness Testing  
 Goal Setting

- PAR-Q
- Lifestyle questionnaire
- Diet
- Components of fitness
- Fitness testing



### Methods of Training & Goal Setting

TERM 1