

Components of Fitness	
<b>Health-Related</b>	
Strength	Flexibility
CARDIOVASCULAR ENDURANCE	
MUSCULAR ENDURANCE	BODY COMPOSITION
<b>Skill-Related</b>	
AGILITY	SPEED
Reaction Time	
BALANCE	POWER
COORDINATION	

# 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

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

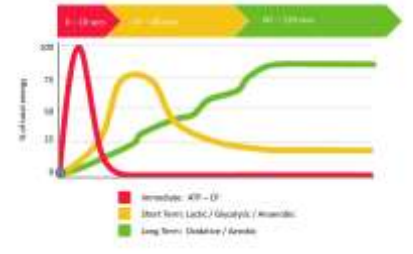
### End of year assessment

- 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

