



NCFE – YEAR 11 – LEARNING JOURNEY

BTEC National Sport – 6th form

- Anatomy
- Fitness plan
- Careers in sport
- Practical sports
- Pro Soccer football academy

Level 3 courses at Aylesford
 Btec National sport
 Pro Soccer Academy

TERM 6

Course completion

- Project re-submission tasks 1-5
- Work returned to students
- Two week period to improve coursework



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

Project Re-submission – 31st May

TERM 5

- Task 4 – Training plan, justification of plan and analysis of results
- Task 5 – Log book and reflection on project

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 – 31st March

- Task 1 – Components of fitness, Principles and training methods
- Task 2 – PAR-Q and Lifestyle questionnaires
- Task 3 – Fitness testing, analysis of results, SMART goals



Study day
 Completion of project

Project (60% overall grade)

TERM 3

- Skeletal system
- Muscular system
- Cardiovascular system
- Respiratory system
- Energy system
- Components of fitness
- Principles of training

Project release date
 December (21 hours of supervised time to complete project)

Grade Boundaries /80
 L2D – 57 L2M – 45
 L2P – 34 L1 D – 27
 L1M – 20 L1P – 14



TERM 2

Exam (40%) Re-sits – November

Study day
 Revision for exam

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



Assessment term 1
 Mini project on work covered in term 1 – linked to a scenario or partner.

Coursework preparation

TERM 1