

# NCFE – YEAR 12 – LEARNING JOURNEY

Continue to year 13/



## Q1 – Interpret healthy lifestyles

- Exercise/Sedentary
- Sleep
- Stress
- Diet
- Alcohol/Smoking



## Q1 – Interpret health data

- BMI
- RHR
- Waist to hip ratio
- Blood pressure

### Submission Task D

Justify recommendations for personal performance improvement using wider understanding of compliance of rules and regulations and use of skills and techniques in an individual and a team competitive sport.

TERM 6

## Section 6 – U2 Exam – Healthy lifestyles Q1

### TASK C

- Complete for one team and one individual sport
- Video evidence of isolated drills
- Video evidence of Conditioned practices
- Video evidence of full sided games



### TASK D

- Complete for one team and one individual sport
- SWOT
- Analysis of performance
- Action plan to improve



### Submission Task C

Demonstrate in a competitive situation the effective adaptation of the relevant skills, techniques and tactics from isolated and conditioned practices and full and accurate compliance of the rules and regulations for an individual and a team sport.

## Practical Sports U7/ Individual/Team

TERM 5



### TASK B

- Complete for one team and one individual sport
- Examine the skills required
- Examine the techniques required
- Examine the tactics required



### Submission Task A & B

AB.D1 Evaluate how participants use skills, techniques and tactics required in individual and team sports and their compliance of rules/laws and regulations impacts on individual/team performance.

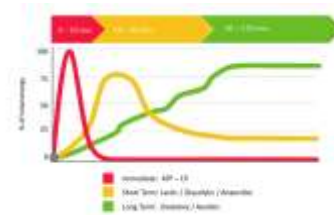
TERM 4

## Practical Sports (U7) Individual/Team



### TASK A

- Complete for one team and one individual sport
- NGB
- Rules and Regulations
- Roles of the official



### End of unit test

Anatomy exam (33%) 1 hour  
30 minutes

D – 54  
M – 38  
P – 24  
NP – 16

## Anatomy exam/ Practical Sports (U7)

TERM 3

### CV System

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

### Respiratory System

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

### Energy Systems

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

### End of Topic test Term

- CV system
- Respiratory system
- Energy systems

TERM 2

## Section 3,4 & 5– CV, Respiratory, Energy

### Skeletal System

- Structure and function
- Types of bones, joints and joint actions
- Structure of a synovial joint
- Structure of the spine and posture
- Bone structure – ossification
- Effects of exercise on skeletal system

### Muscular system

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



### End of Topic test Term 1

- Muscular system
- Skeletal system

## Section 1&2 The Skeletal/Muscular

TERM 1

