

Curriculum overview 2023/2024 - Year 10 NCFE Sport Level 1.

Week number:	Session title/topic outline:
1	Unit 5- Components of fitness
2	Unit 5- Skeletal system
3	Unit 5- Skeletal system
4	Unit 5- Muscular system
5	Unit 5- Muscular system
6	Unit 5- Respiratory system
7	Unit 5- Respiratory system
8	Unit 5- Cardiovascular system
9	Unit 5- Cardiovascular system
10	Unit 5- Assessment week
11	Unit 4- Anatomy and physiology
12	Unit 4- Components of physical fitness
13	Unit 4- Considerations for taking part in exercises and fitness
14	Unit 4- Fitness Testing
15	Unit 4- Participate in exercise and fitness activities
16	Unit 4- Participate in exercise and fitness activities
17	Unit 4- Reflect on participation in exercise and fitness
18	Unit 4- Assessment week
19	Unit 1- How to prepare to participate in sport
20	Unit 1- Participate in individual and team sports
21	Unit 1- Participate in individual and team sports
22	Unit 1- Identify equipment, rules and regulations for variety of sports
23	Unit 1- Review own participation in sport
24	Unit 1- Strategies to deploy to improve own sporting performance
25	Unit 1- Assessment week
26	Unit 3- Characteristics of effective leadership
27	Unit 3 - Observe and analyse effective leadership
28	Unit 3- Which leadership skills to use with others
29	Unit 3- Demonstrate leadership skills in a group
30	Unit 3- Review own practice of leadership skills
31	Unit 3- Understand how to make decisions
32	Unit 3- Assessment week
33 - 39	Duke of Edinburgh practical/volunteering

Unit 5 topic content

Unit 4 topic content

Unit 1 topic content

Unit 3 topic content

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