

Curriculum overview 2023/2024 - Year 11 NCFE Sport Level 1.

Week number:	Session title/topic outline:
1	Unit 6 - What is meant by strength and conditioning
2	Unit 6 - Facilities, equipment and exercise for strength and conditioning
3	Unit 6 - Facilities, equipment and exercise for strength and conditioning
4	Unit 6 - Facilities, equipment and exercise for strength and conditioning
5	Unit 6 - Plan and use a fitness programme
6	Unit 6 - Plan and use a fitness programme
7	Unit 6 - Assess results of personal fitness programme
8	Unit 6 - Assessment week
9	Unit 2 - Qualities and responsibilities of a sports coach
10	Unit 2 - Safeguarding and dealing with injury
11	Unit 2 - Planning sports coaching sessions
12	Unit 2 - Planning sports coaching sessions
13	Unit 2 - Delivering sports coaching sessions
14	Unit 2 - Delivering sports coaching sessions
15	Unit 2 - Evaluate sports coaching sessions
16	Unit 2 - Assessment week
17	Unit 8 - Skills, qualities & values of sports volunteers
18	Unit 8 - Identify your own skills, qualities & values for a volunteer role
19	Unit 8 - Communication skills in a sports role
20	Unit 8 - Managing behaviour in a sports role
21	Unit 8 - Participate in a sports volunteer role
22	Unit 8 - Participate in a sports volunteer role
23	Unit 8 - Review sports volunteering role
24	Unit 8 - Assessment week
25	Unit 7- Understand major food groups
26	Unit 7- Importance of nutrition to health and well-being
27	Unit 7- Manage a healthy and balanced diet
28	Unit 7- Create and follow individual diet plan
29	Unit 7 - Practically explore healthy eating
30	Unit 7 - Practically explore healthy eating
31	Unit 7- Assessment week
32-39	Sport Practical – project and volunteering

Unit 6 topic content

Unit 2 topic content

Unit 8 topic content

Unit 7 topic content

Sport Practical