

All year 11 NCFE Students are in the process of completing Unit 1 coursework, within timetabled lessons, towards the NCFE Level 2 Certificate in Health and Fitness.

During assessment week, all year 11 students will have a 2-hour time slot, with their teacher, to complete the following coursework tasks:

Task 1A – Understanding the terms health and fitness.

Task 1B – Understanding the components of fitness.

Task 1C – Understanding the fitness tests, principles of training and methods of training for the components of fitness.

Task 2A – Knowing the structure and function of the main body systems.

Task 2B - Knowing the short and long term effects of exercise on the main body systems.