



## Y10 Mock Assessment Checklist

**Subject: NCFE Health and Fitness**

**Duration: 60 minute paper**

What to Revise	
Topics	<p><b>Structure and function of body systems</b></p> <ol style="list-style-type: none"><li>1. Skeletal system<ol style="list-style-type: none"><li>a. Structure of the skeleton</li><li>b. Functions of the skeletal system</li><li>c. Types of bones</li><li>d. Types of joints</li><li>e. Joint actions</li><li>f. Structure of a synovial joint</li><li>g. Structure of the spine</li><li>h. Posture</li></ol></li><li>2. Muscular system<ol style="list-style-type: none"><li>a. Types of muscle</li><li>b. Structure of the muscular system</li><li>c. Muscle movement</li><li>d. Muscle contractions</li><li>e. Muscle fibre types</li><li>f. Performance of muscle fibres</li></ol></li><li>3. Respiratory system<ol style="list-style-type: none"><li>a. Structure of the respiratory system</li><li>b. Functions of the respiratory system</li><li>c. Diffusion and gaseous exchange</li><li>d. Respiratory measurements</li><li>e. Respiratory changes</li></ol></li></ol> <p><b>Health and fitness and the components of fitness</b></p> <ol style="list-style-type: none"><li>1. Understanding health and fitness</li><li>2. Components of fitness<ol style="list-style-type: none"><li>a. Health-related fitness</li><li>b. Skill-related fitness</li></ol></li></ol> <p><b>Principles of training</b></p> <ol style="list-style-type: none"><li>1. Principles of training<ol style="list-style-type: none"><li>a. Understanding the principles of training</li><li>b. Principles of overload</li></ol></li></ol> <p><b>Testing and developing components of fitness</b></p> <ol style="list-style-type: none"><li>1. Fitness testing<ol style="list-style-type: none"><li>a. Health-related fitness tests</li><li>b. Skill-related fitness tests</li><li>c. Using data</li><li>d. Validity and reliability</li></ol></li><li>2. Training methods</li><li>3. Optimising a health and fitness programme<ol style="list-style-type: none"><li>a. Heart rate training zones</li></ol></li></ol>



b. Repetitions and sets

How to Revise

- Booklets – from class work
- The Everlearner – videos and quizzes
- Revision Guide [Health and Fitness Revision Guide](#)  
<https://tinyurl.com/yckwsdsd>
- GCSE Pod – videos and quizzes