

Y11 Mock Assessment Checklist – 2025

Subject: NCFE Health and Fitness

Duration: 90-minute paper

What to Revise	
Topics	Structure and function of body systems 1. Skeletal system a. Structure of the skeleton b. Functions of the skeletal system c. Types of bones d. Types of joints e. Joint actions f. Structure of a synovial joint g. Structure of the spine h. Posture 2. Muscular system a. Types of muscle b. Structure of the muscular system c. Muscle movement d. Muscle contractions e. Muscle fibre types f. Performance of muscle fibres 3. Respiratory system a. Structure of the respiratory system b. Functions of the respiratory system c. Diffusion and gaseous exchange d. Respiratory measurements e. Respiratory changes 4. Cardiovascular system a. Structure and function of the blood vessels b. Blood redistribution c. Structure of the heart d. The cardiac cycle e. Cardiovascular measurements f. Blood pressure 5. Energy systems Effects of health and fitness activities on the body 1. Short-term effects of health and fitness activities (during and/or up to 36 hours after) 2. Long-term effects of health and fitness activities (over 36 hours and up to months after) Health and fitness and the components of fitness 1. Understanding health and fitness 2. Components of fitness a. Health-related fitness b. Skill-related fitness Principles of training

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| | <ol style="list-style-type: none"> 1. Principles of training <ol style="list-style-type: none"> a. Understanding the principles of training b. Principles of overload <p>Testing and developing components of fitness</p> <ol style="list-style-type: none"> 1. Fitness testing <ol style="list-style-type: none"> a. Health-related fitness tests b. Skill-related fitness tests c. Using data d. Validity and reliability 2. Training methods 3. Optimising a health and fitness programme <ol style="list-style-type: none"> a. Heart rate training zones b. Repetitions and sets |
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How to Revise

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| <ul style="list-style-type: none"> • Purchase this Revision Guide Health and Fitness Revision Guide • Review the exam checklist, as that includes key topics to focus on. • Use active revision techniques (flashcards, mind maps, quizzes) • Note taking active revision – use class booklets to prompt if needed • Link theory to practice by using examples from sports • Plan your revision; create a revision timetable • Practice exam questions on the EverLearner • Identify weak topics and re-watch lessons on the EverLearner • GCSE Pod – videos and quizzes |
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