

# The Bourne Academy



**Year 9 Assessment  
Support Booklet  
28<sup>th</sup> April – 2<sup>nd</sup> May 2025**



# Maths

**Exam:** Edexcel

**Overview of exam:**

The paper given for the mocks will be a calculator paper. There are two tiers for the Maths paper, Higher and Foundation. Students are aware of the tier that they have been working towards. The topics cover a range of skills across Number, Algebra, Proportion, Statistics, Geometry and Probability. The recommended calculator is Casio FX-85GTCW or Casio FX-991CW. Both are widely available through Scopay and a range of retailers both instore and online.

**Length of exam:** 1 hour and 15 minutes

**Topics to be covered in the exam:**

<b>Higher Tier topics</b> 9MA1, 9MA2	Sparx Code	<b>Crossover/ Foundation tier topics</b> 9MA3 9MA4, 9MA4b, 9MA5, 9MA6	Sparx Code
Adding and subtracting mixed numbers	U793	Adding & subtracting integers, Writing numbers as percentages of other numbers	U417, U925
Angles in polygons, Constructing and solving equations	U427, U599	Adding and subtracting mixed numbers	U793
Calculating with ratios and algebra	U676	Adding and subtracting with integers	U417
Changing the subjects of formulae	U556	Adding and subtracting with negative numbers	U742
Circle theorems	U459, U489	Angles on a line and about a point	U390
Constructing direct proportion equations	U407	Calculating midpoints	U933
Drawing and interpreting frequency polygons	U840	Calculating the mean	U291
Find the surface area of cubes and cuboids, Find the volume of cubes and cuboids	U929, U786	Converting between fractions, decimals and percentages	U888
Finding composite functions	U448	Drawing and interpreting frequency polygons	U840
Finding inverse functions	U996	Estimating calculations	U225
Finding original values in percentage calculations	U286	Estimating calculations	U225
Finding the surface area of spheres, Simplifying surds	U893, U338	Factorising into one bracket	U365
Finding the volume of cylinders, Calculating with pressure	U915, U527	Find the surface area of cubes & cuboids, Find the volume of cubes & cuboids	U929, U786
Index rules with negative indices	U694	Finding factors and using divisibility tests	U211
Indices of the form $a/b$	U772	Finding fractions of shapes	U679
Interpret equations of straight lines, Equations of parallel & perpendicular lines	U669, U898	Finding original values in percentage calculations	U286
Interpreting scatter graphs	U277	Finding percentages of amounts without a calculator	U554
Rationalising denominators containing two terms	U281	Finding percentages of amounts, Finding fractions of amounts	U554, U881
Simplifying expressions using index laws	U662	Finding the volume of cylinders, Calculating with pressure	U915, U527
Solving quadratic inequalities	U133	Identifying parts of circles	U767
Solving simultaneous equations graphically	U836	Index rules with positive indices, Index rules with negative indices	U235, U694
Tree diagrams for independent events	U558	Interpreting scatter graphs	U277
Trigonometry in 3D shapes, Using the exact values of trigonometric ratios (Higher)	U170, U319	Multiplying fractions	U475
Using a written method to divide with decimals	U868	Plotting horizontal and vertical lines	M797
Using lines of best fit	U128	Position-to-term rules for arithmetic sequences	U498
Using the product rule for counting	U369	Reading and plotting coordinates	U789
Venn diagrams	U476	Simplifying algebraic fractions by cancelling common factors	U103



Venn diagrams with set notation	U748	Simplifying expressions by collecting like terms	U105
		Solving direct proportion word problems	U721
		Solving equations with one step	U755
		Solving simultaneous equations graphically	U836
		Understanding and ordering decimals	U435
		Understanding, measuring and drawing angles	U447
		Use a written method to multiply decimals. Solve direct proportion word problems	U293, U721
		Using a written method to divide with decimals	U868
		Using algebraic notation	U613
		Using lines of best fit	U128
		Using the exact values of trigonometric ratios	U627
		Venn diagrams	U476
		Venn diagrams with set notation	U748
		Converting between ratios, fractions and percentages	U176

**Revision and preparation resources to support students to prepare:**

Topic specific practice - [Maths Genie • Learn GCSE Maths for Free](#)

Topic specific practice - [Videos and Worksheets – Corbettmaths](#)

Good for revision topic practice [HOME | 1st Class Maths](#)

Past paper practice - [Half Past Papers \(hannahkittlemaths.com\)](#)

[HannahKettleMaths - YouTube](#)

**Revision guide:**

CGP Higher and Foundation Tier revision guides, workbooks and flashcards are available to purchase on SCOPAY by following the link ... [Login](#)

**Contact:** Subject Lead for Maths: [Helanna.Burt@thebourneacademy.com](mailto:Helanna.Burt@thebourneacademy.com)



## English

**Exam:** AQA English Language

**Overview of exam:**

Students will complete Section B only of English Language Paper 2. This skill assesses students writing skills.

**Length of exam:** 1 hour

**Topics to be covered in the exam:**

English Language Paper 2 Section B – Question 5 – Writing skills.

This section of the exam assesses students on two assessments objectives:

**Assessment objective 5:**

- Communicate clearly, effectively and imaginatively, selecting and adapting tone, style and register for different forms, purposes and audiences.
- Organise information and ideas, using structural and grammatical features to support coherence and cohesion of texts.

**Assessment objective 6:**

- Candidates must use a range of vocabulary and sentence structures for clarity, purpose and effect, with accurate spelling and punctuation.

**Revision and preparation resources to support students to prepare:**

This is a useful link to revision videos:

<https://www.youtube.com/watch?v=v0aAitntCvo&t=1s> - English Language Paper 2 Question 5 explained

[Audience, purpose and form in non-fiction texts - Writing skills: Video playlist - BBC Bitesize](#)

[How to write a non-fiction response in your English Language exam - Writing skills: Video playlist - BBC Bitesize](#)

[Literary techniques: Writing to persuade - Writing skills: Video playlist - BBC Bitesize](#)

Past papers and Mark schemes can be found here: [AQA | Subjects | English](#)

**Revision guide:**

GCSE AQA English Language Exam Practise Workbook (For the grade 9 –1 course) - available for purchase via ScoPay.

**Contact:** Subject Lead of English: [julianne.langston@thebourneacademy.com](mailto:julianne.langston@thebourneacademy.com)



## Science

**Exam board:** AQA

**Overview of exam:**

Students will complete one Paper 1 examination which covers all 3 disciplines, Biology, Chemistry and Physics. This exam will assess students' knowledge application of curriculum content learnt in year 9 to date. This science exam allows students to use a calculator. Students will have a copy of the periodic table provided for the Chemistry questions as well as an equation sheet for the Physics section.

**Length of exam:** 1 hour and 30 minutes

**Topics to be covered in the one exam:**

*Paper 1 Biology:* B1 Cells and B4 Bioenergetics

*Paper 1 Chemistry:* C1 Atomic Structure and the Periodic Table and C2 Bonding and Structure

*Paper 1 Physics:* P3 Energy and P4 Electricity

**Revision and preparation resources to support students to prepare:**

- Students are encouraged to sign up to Cognito online for free to access short learning videos, revision notes and exam paper questions by following the link... [Register | Cognito](#)
- Students can access past papers and mark schemes on the AQA website ... [AQA | Subjects | Science](#)
- Students can access the required practical protocols by following this link ... [GCSE Trilogy and GCSE Synergy Required practical activities Practicals](#)
- Students can log onto Satchel One to access resources uploaded by individual teachers <https://www.satchelone.com>
- Physics and Maths Tutor [Physics & Maths Tutor](#)
- BBC Bitesize [GCSE Combined Science - AQA Trilogy - BBC Bitesize](#)
- BBC Bitesize [GCSE Biology \(Single Science\) - AQA - BBC Bitesize](#)
- BBC Bitesize [GCSE Chemistry \(Single Science\) - AQA - BBC Bitesize](#)
- BBC Bitesize [GCSE Physics \(Single Science\) - AQA - BBC Bitesize](#)

**Revision guide:**

CGP Combined Higher, Combined Foundation Tier, and Triple revision guides are available to purchase on SCOPAY by following the link ... [Login](#)

**Contact:**

Subject Lead for Science: [sarah.smith@thebourneacademy.com](mailto:sarah.smith@thebourneacademy.com)



## Geography

**Exam board:** AQA

**Overview of exam:**

Students will sit a 45-minute exam in class, made up of multiple-choice questions, short answer questions and a 6 marker.

**Length of exam:** 45 minutes

**Topics to be covered in the exam:**

- Plotting points onto a line graph
- Calculating the difference
- Decline of industry in the UK – reasons
- UK's place in the wider world
- Infant mortality rate
- Demographic transition model – each stage and reasons
- Impact of aid on a LIC/NEE
- TNC's - advantages and disadvantages

**Revision and preparation resources to support students to prepare:**

- [The changing economic world - GCSE Geography - BBC Bitesize](#)
- [AQA Geography GCSE: The Changing Economic World - PMT](#)
- [Geography: AQA GCSE](#) - Seneca – choose the “Changing Economic World” section
- [Economic Causes Of Uneven Development GCSE Geography](#)
- Past papers - [AQA | Geography | GCSE | GCSE Geography](#)

**Revision guide:**

- [Revision Guide Second Edition \(GCSE 9-1 Geography AQA\): Amazon.co.uk: Tudor, Rebecca, Bayliss, Tim, Hurst, Catherine, Digby, Bob: 9781382029148: Books](#) - revision guide
- [GCSE Geography AQA Revision Question Cards: for the 2025 and 2026 exams \(CGP AQA GCSE Geography\): Amazon.co.uk: CGP Books, CGP Books: 9781789082784: Books](#) - revision flash cards

**Contact:**

Subject Lead for Geography [alice.gardiner@thebourneacademy.com](mailto:alice.gardiner@thebourneacademy.com)



## History

**Exam board:** Edexcel

**Overview of exam:**

Students will complete a 50-minute exam in class, consisting of three questions on the Medicine unit that they have been studying since the start of year 9. One four-mark question; one twelve-mark question; and one of a choice of two sixteen-mark questions will be assessed.

**Length of exam:** 50 minutes

**Topics to be covered in the exam:**

- Theories on cause of disease in the 1700 and 1800s, and the differences between these.
- The reasons why the Public Health Act of 1875 was introduced by the British government.
- The discoveries of Louis Pasteur and his work on the Germ Theory; and why this is significant in the history of medicine.
- The work, methods, and achievement of Robert Koch; and why these are significant in the history of medicine.
- The development of anaesthetics; the benefits and dangers associated with them; how the dangers were overcome; and whether they made surgery safer.

**Revision and preparation resources to support students to prepare:**

- [Case study - John Snow and cholera - Medicine in 18th- and 19th-century Britain, c.1700-c.1900 - Edexcel - GCSE History Revision - Edexcel - BBC Bitesize](#)
- [Changes in the prevention of disease - improving public health - Medicine in 18th- and 19th-century Britain, c.1700-c.1900 - Edexcel - GCSE History Revision - Edexcel - BBC Bitesize](#)
- [Louis Pasteur and germ theory - Medicine in 18th- and 19th-century Britain, c.1700-c.1900 - Edexcel - GCSE History Revision - Edexcel - BBC Bitesize](#)
- [Robert Koch and bacteria - Medicine in 18th- and 19th-century Britain, c.1700-c.1900 - Edexcel - GCSE History Revision - Edexcel - BBC Bitesize](#)
- [Changes in care and treatment - surgery - Medicine in 18th- and 19th-century Britain, c.1700-c.1900 - Edexcel - GCSE History Revision - Edexcel - BBC Bitesize](#)

**Revision guide:**

- [Pearson REVISE Edexcel GCSE History Medicine in Britain: Revision Guide and Workbook incl. online revision and quizzes - for 2025, 2026 exams : Taylor, Kirsty: Amazon.co.uk: Books](#)
- [GCSE History Edexcel Topic Revision Guide - Medicine in Britain, c1250-Present: for the 2025 and 2026 exams \(CGP Edexcel GCSE History\): Amazon.co.uk: CGP Books, CGP Books: 9781789082890: Books](#)

**Contact:**

Director of Humanities [alice.goldsmith@thebourneacademy.com](mailto:alice.goldsmith@thebourneacademy.com)



## Spanish

**Exam board:** Edexcel

### **Overview of exam:**

Students will sit a Listening, Reading and a Writing exam during their lessons. These exams will assess students' knowledge application of curriculum content learnt in year 9 to date.

### **Length of exam:**

Listening – 45 minutes, Reading – 45 minutes and Writing – 1 hour

### **Topics to be covered in the exams:**

- Use of mobile phones and technology
- Social media
- Free time activities with family and friends
- Sports
- Making plans
- Holidays
- Festivals

### **Revision and preparation resources to support students to prepare:**

- The Language Gym – for general vocabulary building and practise. Go into “Game Room” and then choose either “Vocab Trainer” or “Listening Trainer”. You can search for topics from there.
- **BBC bitesize** – digital exam style questions with explanations of answers.
  - o [GCSE Spanish - Edexcel \(for exams from 2026\) - BBC Bitesize](#)
- **ActiveHub** – focus on modules 1&2. Exam style questions can be found on the following pages:
  - o Module 1 – Pg 22,23,26,27, 212, 213
  - o Module 2 – Pg 46,47,50,51, 214,215

### **Revision guide:**

**CGP** - [New GCSE Spanish Edexcel Complete Revision & Practice with CGP RevisionHub \(for exams from 2026\): Includes Audio & Online Tests \(CGP Edexcel GCSE Spanish\): Amazon.co.uk: CGP Books, CGP Books: 9781837741274: Books](#)

**Pearson** - [Pearson Revise Edexcel GCSE Spanish Revision Workbook - for 2026, 2027 exams \(new specification\): Amazon.co.uk: Halksworth, Vivien, Smith, Harry: 9781292739748: Books](#)

### **Contact:**

Subject Lead for MFL [alexa.bellingham@thebourneacademy.com](mailto:alexa.bellingham@thebourneacademy.com)





## French

**Exam board:** Edexcel

**Overview of exam:**

Students will sit a Listening, Reading and a Writing exam during their lessons. These exams will assess students' knowledge application of curriculum content learnt in year 9 to date.

**Length of exam:**

Listening – 45 minutes, Reading – 45 minutes and Writing – 1 hour

**Topics to be covered in the exams:**

- Use of mobile phones and technology
- Social media
- Free time activities with family and friends
- Sports
- Making plans
- Describing people, family members and friends
- Describing relationships – who I get on with and don't and why
- Talking about celebrations
- Talking about role models

**Revision and preparation resources to support students to prepare:**

- The Language Gym – for general vocabulary building and practise. Go into “Game Room” and then choose either “Vocab Trainer” or “Listening Trainer”. You can search for topics from there.
- **BBC bitesize** – digital exam style questions with explanations of answers. -
  - o [GCSE French - Edexcel \(for exams from 2026\) - BBC Bitesize](#)
- **ActiveHub** – focus on modules 1&2. Exam style questions can be found on the following pages:
  - o Module 1 – Pg 22,23,26,27, 212, 213
  - o Module 2 – Pg 46,47,50,51, 214,215

**Revision guide:**

[Pearson Revise Edexcel GCSE French Revision Workbook - for 2026, 2027 exams \(new specification\): Amazon.co.uk: Glover, Stuart, Smith, Harry: 9781292739731: Books](#)

[New GCSE French Edexcel Complete Revision & Practice with CGP RevisionHub \(for exams from 2026\): Includes Audio & Online Tests \(CGP Edexcel GCSE French\): Amazon.co.uk: CGP Books, CGP Books: 9781837741281: Books](#)

**Contact:** Subject Lead for MFL [alexa.bellingham@thebourneacademy.com](mailto:alexa.bellingham@thebourneacademy.com)



## Business Studies

**Exam Board:** Edexcel

### Overview of exam:

The assessment paper is broken down into multiple choice questions, calculation questions, short answer questions worth 3 marks, and longer answer questions worth 6- 12 marks. The questions require using exam terminology such as evaluate, outline, justify, explain, discuss and analyse. In addition to this, students will require an understanding of Business specific terminology. Students will need to understand the units below and demonstrate an understanding of how to apply their knowledge through case studies.

**Length of exam:** 50 minutes

**Topics to be covered in the exam:** Unit 1.1, Unit 1.2 and Unit 1.3

### Revision and preparation resources to support students to prepare:

<b>1.1 Enterprise and entrepreneurship</b>	<b>Links</b>
1.1.1 The dynamic nature of business	<a href="#">1.1.1 The dynamic nature of business GCSE Business</a>
1.1.2 Risk and reward	<a href="#">1.1.2 Risk and reward GCSE Business</a>
1.1.3 The role of business enterprise	<a href="#">1.1.3 The role of business enterprise GCSE Business</a>
<b>Topic 1.2 Spotting a business opportunity</b>	<b>Links</b>
1.2.1 Customer needs	<a href="#">1.2.1 Customer needs GCSE Business Studies</a>
1.2.2 Market research	<a href="#">1.2.2 Market research GCSE business studies</a>
1.2.3 Market segmentation	<a href="#">1.2.3 Market segmentation GCSE Business Studies</a>
1.2.4 The competitive environment	<a href="#">1.2.4 The competitive environment GCSE Business Studies</a>
<b>Topic 1.3 Putting a business idea into practice</b>	<b>Links</b>
1.3.1 Business aims and objectives	<a href="#">1.3.1 Business aims and objectives GCSE Business Studies</a>
1.3.2 Business revenues, costs and profits	<a href="#">1.3.2 Business revenues, costs and profits GCSE Business</a>
1.3.3 Cash and cash-flow	<a href="#">1.3.3 Cash and cash-flow GCSE Business Studies</a>
1.3.4 Sources of business finance	<a href="#">1.3.4 Sources of business finance GCSE Business Studies</a>
<b>Exam Technique</b>	
3-mark questions	<a href="#">3 Marker Questions and Answers</a> ✨ - Paper 1 - EDEXCEL GCSE Business - YouTube
6-mark questions	<a href="#">How To Answer EDEXCEL 'Discuss' 6 Markers WITH AN EXAMPLE As A Bonus - GCSE Business Exam Technique</a>

### Revision guide:

The Full course can be accessed for free from the following site. This covers all the units along with quizzes [GCSE Business - Edexcel - BBC Bitesize](#)

Revision guides can be purchased from various retailers [GCSE Business Edexcel Complete Revision & Practice \(with Online Edition, Videos & Quizzes\) | CGP Books](#)

**Contact:** Director of Learning: [Syreeta.stobart@thebourneacademy.com](mailto:Syreeta.stobart@thebourneacademy.com)



## Psychology

**Exam board:** Edexcel

**Overview of exam:**

The exam will be made up of short answer questions, multiple choice and one extended answer.

**Length of exam:** 45 minutes

**Topics to be covered in the exam:**

The exam will have questions on memory, sleep and dreaming. There will also be questions where you will need to apply knowledge from research methods e.g. interpreting data or evaluating the method of a study.

**Revision and preparation resources to support students to prepare:**

Students have access to the KO and a digital copy of the textbook on satchel.one.

This website may also help support. [Welcome to GCSE Psychology 9-1 – GCSE Psychology 9-1](#)

**Contact:** Teacher in charge of Psychology [victoria.rennie@thebourneacademy.com](mailto:victoria.rennie@thebourneacademy.com)

**Exam board:** OCR

## Design Technology

**Overview of exam:**

The exam will be based on polymer manufacturing processes and will require you to identify, explain and sketch a range of polymer processes. This is based on section B of the written paper.

**Length of exam:** 1 hour

**Topics to be covered in the exam:**

- Identifying polymer manufacturing processes for specified components/ products.
- Machine diagrams.
- Step by step process explanation.

**Revision and preparation resources to support students to prepare:**

- KS4 D&T Knowledge organiser
- SMHW Quizzes
- <https://www.technologystudent.com/equip1/equipex1.htm> (Scroll to 'Plastics Equipment')

**Revision guide:**

<https://www.amazon.co.uk/My-Revision-Notes-Design-Technology/dp/1510432280>

**Contact:** Director of Learning [Mike.dunn@thebourneacademy.com](mailto:Mike.dunn@thebourneacademy.com)



## ICT

**Exam board:** WJEC

**Overview of exam:**

The exam is on a selection of theoretical topics covered so far. It will comprise of short answer questions, and extended writing tasks.

**Length of exam:** 1 hour

**Topics to be covered in the exam:**

- Storage (Optical, Solid-State)
- Cloud Storage (Advantages and Disadvantages)
- Internal Components (e.g. RAM)
- Ports (e.g. HDMI, USB)
- Application Software
- Utility Software
- Encryption
- Wearable Technology (e.g. smartwatches, health monitors)
- Artificial Intelligence (AI)
- Augmented Reality (AR)

**Revision and preparation resources to support students to prepare:**

On SMHW there are knowledge organiser pages containing topics to revise for the exam. There is also some revision quizzes based on these topics.

**Revision guide:**

["Level 1/2 Vocational Award in ICT Unit 1 WJEC" - Revision book available on Amazon](#)

**Contact:**

Teacher in charge of ICT [daniel.orme@thebourneacademy.com](mailto:daniel.orme@thebourneacademy.com)



## Hospitality and Catering

**Exam board:** WJEC

**Overview of exam:**

The exam will cover topics covered so far in Year 9 and will be a mix of short and long answer questions.

**Length of exam:** 1 hour and 30 minutes

**Topics to be covered in the exam:**

- 1.1 Hospitality and catering providers
- 1.2 Working in the hospitality and catering industry
- 1.3 Working conditions
- 1.4 Contributing factors to the success of hospitality and catering provision
- 2.1 The operation of the front and back of house
- 2.2 Customer requirements in hospitality and catering
- 2.3 Hospitality and Catering provision
- 3.1 Health and safety in Hospitality and catering provision
- 3.2 Food Safety

**Revision and preparation resources to support students to prepare:**

- Show My Homework Quizzes
- Knowledge Organisers
- Revision guide

**Revision guide:**

[New WJEC Level 1/2 Vocational Award in Hospitality & Catering: Revision Guide \(with Online Edition\) \(CGP Level 1/2 Vocational Awards\) : CGP Books, CGP Books: Amazon.co.uk: Books](#)

**Contact:**

Director of Learning: [Mike.Dunn@thebourneacademy.com](mailto:Mike.Dunn@thebourneacademy.com)



## Travel and Tourism

**Exam Board:** Pearson BTEC Tech Award

**Overview of exam:**

Students will sit a 45-minute assessment in class. It will be made up of multiple-choice questions, smaller questions and 4 markers.

**Length of exam:** 45 minutes

**Topics to be covered in the exam:**

- Specialist tourism – examples and types
- Health tourism – benefit
- Dark tourism – what is it and examples
- Outbound tourism – what is it?
- Domestic tourism – what is it?
- Leisure travel – reasons
- Sustainable tourism – what is it? Benefits and main aims/principles
- MICE – business tourism – what is it? What does MICE stand for?
- Direct employment – what is it?
- Tour operators – what do they do?

**Revision and preparation resources to support students to prepare:**

- Subject knowledge organisers
- [Travel & Tourism - Unit 1 - BTEC Flashcards | Quizlet](#)

**Revision guide:**

- [BTEC Tech Award 2022 Travel and Tourism Student Book \(BTEC Tech Award Travel and Tourism\) :](#)  
[Amazon.co.uk: Books](#)

**Contact:**

Subject Lead for Travel & Tourism: [alice.gardiner@thebourneacademy.com](mailto:alice.gardiner@thebourneacademy.com)



## Child Development

**Exam board:** NCFE CACHE

**Overview of exam:**

Students will have a mixture of multiple-choice questions and written questions.

**Length of exam:** 1 hour and 30 minutes

**Topics to be covered in the exam:**

- 1 Developmental milestones
- 2 Factors that affect development
- 3 Care routines
- 4 Types of early years settings
- 6 Responsibilities and roles of early years workers

**Revision and preparation resources to support students to prepare:**

Revision guide sections are on show my homework for students to access as a flexi task.

**Revision guide:**

There is a revision guide available to buy via Scopy, however the relevant sections are also available on SMHW for all students to access.

**Contact:**

Teacher of Child Development [tracey.coslett@thebourneacademy.com](mailto:tracey.coslett@thebourneacademy.com)



## **Sport / Outdoor Education - Health and Fitness**

**Exam:** NCFE Level 2 Technical Award

**Overview of exam and assessment:**

Students will be assessed on 8 content areas through two assessments; non-exam assessment (NEA) which is timed coursework tasks and a written exam paper. The exam equates to 60% of their grade and their coursework counts for 40% of their overall grade. The NEA will assess how students apply all their knowledge to real life scenarios and synopsis. Both the NEA and written exam paper EA will be designed with the following assessment objectives (AO's):

**AO1** Recall knowledge and show understanding

**AO2** Apply knowledge and understanding

**AO3** Analyse and evaluate knowledge and understanding

**Length of exam:** EA - Written exam paper is 1 hour and 30 minutes

**Topics to be covered in the exam:**

1. Structure and function of the body systems (Skeletal, Muscular, Respiratory, Cardiovascular and Energy)
2. Effects of health and fitness activities on the body
3. Health and fitness and the components of fitness
4. Principles of training
5. Testing and developing components of fitness
6. Impact of lifestyle on health and fitness
7. Applying health and fitness analysis and setting goals
8. Structure of a health and fitness programme and how to prepare safely

\*In Y11 the students complete a NEA coursework synoptic project – as part of the overall subject grade

**Revision and preparation resources to support students to prepare:**

Revision guide sections are on show my homework and practice questions for students to access as flexi tasks.

**Revision guide:**

The revision guide to purchase can be accessed on the following link: [Amazon.co.uk : ncf health and fitness revision guide](https://www.amazon.co.uk/dp/B08K9K9K9K)

**Contact:**

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