



NCFE LEVEL 1 CERTIFICATE IN SPORT

Master Scheme of Work | Year 11 | 2026-2027

One 45-minute lesson per week | Completion deadline: 3 May 2027

Controlling document: NCFE Level 1 Certificate in Sport (601/2623/1), qualification specification version 5.6, October 2024. If any resource conflicts with the specification, the specification takes precedence.

Delivery model: Pass-secure and highly scaffolded. Merit opportunities are included only where the NCFE grading descriptors specify a Merit standard. Student evidence must remain authentic and must not be copied verbatim from model answers.

Document control

Qualification	NCFE Level 1 Certificate in Sport (601/2623/1)
Cohort	Year 11
Delivery allocation	1 x 45 minutes weekly
Planned teaching weeks	29 lessons (21.75 taught hours)
Planned completion	By 3 May 2027
Review points	End of each half term; final portfolio QA before certification

1. Qualification and delivery position

Qualification requirement. Learners must achieve a minimum of 20 credits. The five selected optional units are each worth 4 credits and therefore provide 20 credits in total.

Unit	Title	Reference	Credits	Unit GLH	Planned block
01	Taking part in sport	M/505/8530	4	35	Weeks 1-8
02	Sports coaching	Y/505/8991	4	35	Weeks 9-15
04	Personal exercise and fitness	H/505/9741	4	37	Weeks 16-22
07	Health and nutrition	M/505/9712	4	32	Weeks 23-26
09	Assist at a sports event	K/505/9708	4	30	Weeks 27-29

Source: NCFE qualification specification version 5.6, unit information sections.

Material delivery risk: The qualification lists 158 GLH overall; the selected units list 169 GLH in total. The timetable provides 21.75 taught hours before the deadline. This scheme is therefore a highly compressed curriculum map, not evidence that the published guided-learning expectation has been met. The centre should formally record the staffing/timetabling decision and review it through internal quality assurance before registration and certification.

Pass-first assessment principles

- Every assessment criterion must be evidenced. A strong answer in one area cannot replace a missing criterion.
- Slides may provide facts, examples, vocabulary and sentence starters, but learners must select, adapt and record their own responses.
- Practical performance must be authenticated using dated observation records, participation records and, where appropriate, photographs or results.
- Merit challenge prompts are used only where a Merit descriptor exists. Criteria marked “No Merit for this AC” are completed at Pass standard.
- Feedback and resubmission must follow the centre assessment policy and NCFE requirements. Do not pre-mark or dictate assessed answers.
- Absence creates immediate portfolio risk. Catch-up is built into review lessons, but there is very little spare curriculum time.

Standard 45-minute lesson structure

Time	Phase	Purpose	Expected resource
0-5	Retrieval and settle	Recall prior knowledge; identify today's criterion	3-4 short questions
5-15	Explicit teaching	Teach essential content in accessible language	Visual explanation, vocabulary and examples
15-22	Model and check	Show the structure of a valid response	Worked example plus quick check
22-38	Booklet or practical evidence	Learner completes the mapped task	Sentence starters, word bank or observation checklist
38-43	Improve	Teacher checks against Pass requirements	Pass checklist; targeted correction
43-45	Progress check	Confirm evidence and next step	Blue / Yellow / White check

2. Weekly scheme of work

Scheduling basis. Weeks are shown by week commencing because the actual lesson day was not supplied. If the school calendar or lesson day changes, preserve the sequence and criterion mapping rather than the exact date.

Autumn 1

Wk / w.c.	Unit / focus	AC	Essential teaching	Student activity	Evidence / assessment	Merit access	Resources to create
1 31 Aug 2026	U01 Prepare to participate	1.1, 1.2, 1.3, 1.4	Reasons for participation; characteristics and categories of sport; national, regional and local facilities.	Supported tables: reasons, sport categories and venue examples.	Booklet responses for 1.1-1.4. Pass check before Merit extension.	Range/wide range only where descriptors allow.	PPT U01-L1 Booklet task(s) Pass checklist
2 7 Sep 2026	U01 Individual sport 1	2.1, 2.3, 2.4, 2.5	Safety briefing; active participation; identify skills, techniques, equipment and essential rules.	Practical individual sport selected for facilities and learners.	Dated observation; participation log; short post-activity record.	Confidence and range may support Merit.	PPT U01-L2 Booklet task(s) Observation form
3 14 Sep 2026	U01 Team sport 1	2.2, 2.3, 2.4, 2.5	Active participation in a team sport; recognise skills, equipment and rules.	Practical team sport with differentiated roles.	Dated observation and supported evidence table.	Confidence and range may support Merit.	PPT U01-L3 Booklet task(s) Observation form
4 21 Sep 2026	U01 Individual sport 2	2.1, 2.3, 2.4, 2.5	Second individual sport to provide breadth and comparative evidence.	Practical activity plus verbal retrieval.	Observation; learner adds second-sport evidence.	Clear understanding and range.	PPT U01-L4 Booklet task(s) Observation form
5 28 Sep 2026	U01 Team sport 2	2.2, 2.3, 2.4, 2.5	Second team sport; apply rules and techniques.	Practical activity and supported recap.	Observation; learner adds second-sport evidence.	Clear understanding and range.	PPT U01-L5 Booklet task(s) Observation form
6 5 Oct 2026	U01 Review participation over time	3.1	Compare individual and team participation over the four practical lessons.	Timeline/results prompts; model review structure.	Learner review referencing dated participation evidence.	Clear/detailed review extension.	PPT U01-L6 Booklet task(s) Pass checklist
7 12 Oct 2026	U01 Strengths and development	3.2, 3.3, 3.4	Identify strengths and areas for development; describe realistic improvement strategies.	Sentence stems: evidence, impact, improvement.	Completed review and improvement plan.	Range and clear description extension.	PPT U01-L7 Booklet task(s) Pass checklist
8 19 Oct 2026	U01 Assessment and portfolio check	All U01	Close gaps; authenticate evidence; learner declaration; assessor decision.	Individual checklist and short targeted retrieval.	Complete Unit 01 portfolio and assessment record.	Only assess Merit where all applicable descriptors are evidenced.	PPT U01-L8 Booklet task(s) Pass checklist

Assessment criteria wording and Merit access derived from NCFE specification version 5.6. Lesson activities are centre-designed delivery choices.

Autumn 2

Wk / w.c.	Unit / focus	AC	Essential teaching	Student activity	Evidence / assessment	Merit access	Resources to create
9 2 Nov 2026	U02 Coach qualities and responsibilities	1.1-1.6	Qualities, communication, good practice, risks, safeguarding and reporting injury/illness/incidents.	Scenario sorting, word bank and model explanation.	Six structured booklet tasks; safeguarding response.	Range/reasons where Merit descriptors apply.	PPT U02-L9 Booklet task(s) Pass checklist
10 9 Nov 2026	U02 Planning a coaching session	2.1-2.4	Session components, timings, planning and contingencies.	Deconstruct model plan; choose a safe activity.	Draft session plan with timings and contingencies.	Suitable/detailed plan; reasons for contingencies.	PPT U02-L10 Booklet task(s) Pass checklist
11 16 Nov 2026	U02 Complete and rehearse plan	2.2, 2.3, 2.4	Refine plan for participants, resources, space, safety and alternatives.	Peer-read protocol; teacher approval before delivery.	Approved plan and risk controls.	Quality checked against applicable descriptors.	PPT U02-L11 Booklet task(s) Pass checklist
12 23 Nov 2026	U02 Coaching practice	3.1-3.4	Practise structure, correction, clear communication and conclusion.	Short coached stations; formative feedback only.	Practice checklist; improvement target.	Confidence/organisation coached explicitly.	PPT U02-L12 Booklet task(s) Pass checklist
13 30 Nov 2026	U02 Assessed delivery A	3.1-3.4	First learner group delivers short aspects of planned sessions.	Micro-coaching rotations; participants briefed.	Individual observation record for each assessed learner.	Confident, well-organised delivery where demonstrated.	PPT U02-L13 Booklet task(s) Observation form
14 7 Dec 2026	U02 Assessed delivery B	3.1-3.4	Remaining learners deliver; absentees prioritised.	Micro-coaching rotations.	Individual observation records and feedback.	Merit recorded only from observed performance.	PPT U02-L14 Booklet task(s) Observation form
15 14 Dec 2026	U02 Evaluation and unit check	4.1-4.4; all U02	Importance of evaluation; use previous and peer feedback; improve future coaching.	Model evidence-feedback-improvement chain.	Individual evaluation; completed Unit 02 portfolio.	LO4 has no Merit descriptors; secure Pass and QA whole unit.	PPT U02-L15 Booklet task(s) Pass checklist

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Spring 1

Wk / w.c.	Unit / focus	AC	Essential teaching	Student activity	Evidence / assessment	Merit access	Resources to create
16 4 Jan 2027	U04 Body systems and baseline	1.1, 1.2; start 4.2-4.4	Structure/function in relation to exercise; effects on body systems; establish safe personal starting point.	Brief teaching plus accessible baseline activity.	Booklet diagrams/table; participation observation; baseline note.	Clear links between systems and exercise.	PPT U04-L16 Booklet task(s) Observation form
17 11 Jan 2027	U04 Health, exercise and fitness	2.1; continue 4.4	Define and distinguish health, exercise, physical activity and fitness; programme activity 1.	Card sort then short planned activity.	Definitions/comparison; activity log.	Clear differences and comparisons.	PPT U04-L17 Booklet task(s) Pass checklist
18 18 Jan 2027	U04 Training principles and fitness components	2.2, 2.3; continue 4.4	Principles of training and components of fitness; programme activity 2.	Apply FITT/appropriate principles to a simple personal plan.	Supported table; planned activity record.	Clear definitions/explanations.	PPT U04-L18 Booklet task(s) Pass checklist
19 25 Jan 2027	U04 Safe participation and preparation	3.1, 3.2, 3.4; continue 4.4	Reasons, safety requirements, warm-up and cool-down; programme activity 3.	Learner-led warm-up/cool-down within safe activity.	Booklet response and observation.	Link safety to participation; clear outline.	PPT U04-L19 Booklet task(s) Observation form
20 1 Feb 2027	U04 Fitness tests	3.3, 4.1, 4.2, 4.3	Identify tests and session components; participate in testing and record results; programme activity 4.	Small test circuit matched to equipment and needs.	Dated test-result sheet and observation.	Confidence across a range of tests.	PPT U04-L20 Booklet task(s) Observation form
21 8 Feb 2027	U04 Personal fitness activity	4.4; programme activity 5	Actively participate in activities intended to improve personal fitness.	Individualised circuit with safe adaptations.	Observation, activity log and learner RPE/reflection.	No separate Merit descriptor for 4.4.	PPT U04-L21 Booklet task(s) Observation form

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Spring 2

Wk / w.c.	Unit / focus	AC	Essential teaching	Student activity	Evidence / assessment	Merit access	Resources to create
22 22 Feb 2027	U04 Retest, review and unit check	4.4, 5.1, 5.2; all U04	Programme activity 6; repeat comparable tests; review results over time and identify benefits/effectiveness.	Retest under consistent conditions; scaffolded comparison.	Before/after results, review, observation and complete portfolio.	Range of benefits/effectiveness for Merit.	PPT U04-L22 Booklet task(s) Observation form
23 1 Mar 2027	U07 Food groups, functions and sources	1.1, 1.2, 1.3	Major food groups; main functions and food sources.	Eatwell-style visual, sorting and model response.	Completed group/function/source table.	Clear understanding and range of examples.	PPT U07-L23 Booklet task(s) Pass checklist
24 8 Mar 2027	U07 Vitamins and minerals	1.4, 1.5, 2.1, 2.2	Main vitamins/minerals, sources, deficiency and toxicity signs.	Reference grid; scenario matching; avoid diagnosis.	Structured booklet grids for four criteria.	Range/wide range where descriptors apply.	PPT U07-L24 Booklet task(s) Pass checklist
25 15 Mar 2027	U07 Hydration and balanced diet	2.3, 2.4, 3.1, 3.2	Hydration; balanced diet and sport performance; why diets vary; benefits of different diets.	Sport scenarios and supported explanation frames.	Four concise evidence tasks.	Links to sports performance and range of examples.	PPT U07-L25 Booklet task(s) Pass checklist
26 22 Mar 2027	U07 Personal diet plan and promotion	3.3, 3.4, 3.5; all U07	Create realistic plan; use a pre- agreed monitoring record; identify improvements; promote a healthy diet.	Complete plan and promotion product; use prior monitoring evidence arranged by centre.	Plan, monitoring/review record, promotion evidence and unit checklist.	Suitable plan with range of nutrients; researched promotion.	PPT U07-L26 Booklet task(s) Pass checklist

Assessment criteria wording and Merit access derived from NCFE specification version 5.6. Lesson activities are centre-designed delivery choices.

Summer 1 to 3 May

Wk / w.c.	Unit / focus	AC	Essential teaching	Student activity	Evidence / assessment	Merit access	Resources to create
27 12 Apr 2027	U09 Event types and preparation	1.1, 1.2, 2.1, 2.2, 2.3	Active leisure and sports events; ways to assist; prepare; set personal objectives.	Use one realistic mini-event plan and allocate authentic assisting roles.	Booklet tasks, role sheet, safety briefing and objectives.	Range of events/roles; suitable objectives.	PPT U09-L27 Booklet task(s) Pass checklist
28 19 Apr 2027	U09 Assessed sports event	3.1	Assist at an actual small sports event and work towards personal objectives.	Teacher-led mini-event; learners rotate authentic assisting roles without invalidating individual assessment.	Observation, role record, event evidence and learner log.	Active completion of objectives where demonstrated.	PPT U09-L28 Booklet task(s) Observation form
29 26 Apr 2027	U09 Review and final portfolio QA	4.1, 4.2, 4.3; all five units	Review objectives, own strengths/improvements and event success; complete final cross-unit audit.	Supported review frame followed by individual portfolio check.	Unit 09 review, learner declarations, assessor records and final tracker.	Clear/detailed review where descriptors allow.	PPT U09-L29 Booklet task(s) Pass checklist

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3. Specification coverage audit

Purpose. This audit is the non-negotiable check used when the booklets and PowerPoints are rebuilt. Every listed criterion must have an identifiable learner evidence source.

Unit 01 - Taking part in sport

AC	Specification requirement	Planned week(s)	Minimum evidence control
1.1	Outline reasons for participating in sport	1	Booklet / check
1.2	Identify the main characteristics of sport	1	Booklet / check
1.3	List the main categories of sport	1	Booklet / check
1.4	Identify national, regional and local venues/facilities	1	Booklet / check
2.1	Actively participate in individual sports	2, 4	Observation / record
2.2	Actively participate in team sports	3, 5	Observation / record
2.3	Outline skills and techniques for a range of sports	2-5	Booklet / check
2.4	Identify equipment and resources for a range of sports	2-5	Booklet / check
2.5	Identify essential rules and regulations for a range of sports	2-5	Booklet / check
3.1	Review own participation over time in individual and team sports	6	Booklet / check
3.2	Identify own strengths demonstrated in a range of sports	7	Booklet / check
3.3	Identify own areas for development in a range of sports	7	Booklet / check
3.4	Describe strategies to improve own performance	7	Booklet / check

Unit 02 - Sports coaching

AC	Specification requirement	Planned week(s)	Minimum evidence control
1.1	Identify personal qualities and responsibilities of a coach	9	Booklet / check
1.2	Outline importance of strong communication skills	9	Booklet / check
1.3	Outline good coaching practice	9	Booklet / check
1.4	Identify potential risks for selected session	9, 11	Booklet / check
1.5	Explain how safeguarding policy protects children and coaches	9	Booklet / check
1.6	Describe responsibility for dealing with/reporting injury, illness or incident	9	Booklet / check
2.1	Identify key components of an effective session plan	10	Booklet / check
2.2	Explain why activity timing is important	10-11	Booklet / check
2.3	Produce a sports coaching session plan	10-11	Booklet / check
2.4	Outline contingency plans	10-11	Booklet / check
3.1	Deliver an aspect of a correctly structured session	12-14	Observation / record
3.2	Correct physical, psychological, tactical and technical components	12-14	Observation / record
3.3	Communicate clearly with participants	12-14	Observation / record
3.4	Conclude and summarise the session	12-14	Observation / record
4.1	Outline why evaluation is important	15	Booklet / check
4.2	State how to use previous feedback/evaluations in future plans	15	Booklet / check
4.3	Identify how colleague feedback improves coaching	15	Booklet / check
4.4	Outline methods of improving future coaching practice	15	Booklet / check

Unit 04 - Personal exercise and fitness

AC	Specification requirement	Planned week(s)	Minimum evidence control
1.1	Identify body structure/function in relation to exercise and fitness	16	Booklet / check
1.2	Identify effects of exercise and fitness on body systems	16	Booklet / check
2.1	Define health, exercise, physical activity and fitness and differences	17	Booklet / check
2.2	Define principles of training	18	Booklet / check
2.3	Identify components of physical fitness	18	Booklet / check
3.1	Outline main reasons for participation	19	Booklet / check
3.2	Identify health and safety requirements	19	Booklet / check
3.3	Identify common fitness tests	20	Booklet / check
3.4	Outline purpose of warm-up and cool-down	19	Booklet / check
4.1	Identify main components of a fitness session	20	Booklet / check
4.2	Participate in personal fitness testing	20	Observation / record
4.3	Record personal fitness test results	20, 22	Results / review
4.4	Actively participate in activities to improve own fitness	16-22	Observation / record
5.1	Review fitness testing results over time	22	Results / review
5.2	Identify benefits/effectiveness of following a fitness programme	22	Booklet / check

Unit 07 - Health and nutrition

AC	Specification requirement	Planned week(s)	Minimum evidence control
1.1	Identify major food groups	23	Booklet / check
1.2	Outline main function of each group	23	Booklet / check
1.3	Give examples of sources for each food group	23	Booklet / check
1.4	Identify main vitamins and minerals for each food group	24	Booklet / check
1.5	Give examples of sources of each vitamin and mineral	24	Booklet / check
2.1	Identify signs of vitamin and mineral deficiency	24	Booklet / check
2.2	Identify signs of vitamin and mineral toxicity	24	Booklet / check
2.3	State importance of hydration	25	Booklet / check
2.4	Outline why a balanced diet is important	25	Booklet / check
3.1	Outline why diet varies for different people	25	Booklet / check
3.2	State benefits of different diets	25	Booklet / check
3.3	Create a personal healthy diet plan	26	Booklet / check
3.4	Follow plan and identify improvement to health/wellbeing	26	Booklet / check
3.5	Outline ways to promote a healthy diet	26	Booklet / check

Unit 09 - Assist at a sports event

AC	Specification requirement	Planned week(s)	Minimum evidence control
1.1	Describe different active leisure events	27	Booklet / check
1.2	Describe different sport events	27	Booklet / check
2.1	Outline ways to assist at an event	27	Booklet / check
2.2	Prepare for assisting at an event	27	Role / preparation
2.3	Set personal objectives for a sports event	27	Booklet / check
3.1	Complete personal objectives while assisting at a sports event	28	Observation / record
4.1	Review achievement of personal objectives	29	Booklet / check
4.2	Review own strengths in assisting at a sports event	29	Booklet / check
4.3	Review success of the sports event	29	Booklet / check

4. Practical evidence controls

- Use a separate, dated observation record for each learner. Group comments alone are insufficient.
- Record the exact assessment criteria observed, the activity, conditions, level of independence and what the learner actually demonstrated.
- Photographs support but do not replace a sufficiently detailed assessor observation.
- For Unit 01, retain a participation record across individual and team sports so the later review is based on evidence over time.
- For Unit 02, retain the learner's approved plan and an observation of their own delivery, including structure, corrections, communication and conclusion.
- For Unit 04, retain baseline/retest data, an activity/programme log and observation of testing and active participation.
- For Unit 07 criterion 3.4, pre-plan a proportionate method for the learner to follow and reflect on the personal diet plan; do not manufacture retrospective evidence in Week 26.
- For Unit 09, the event must be an actual active leisure/sports event opportunity. Retain role allocation, objectives, event evidence and individual observation.

5. Resource-production sequence

1. Approve this specification map and delivery-risk position.
2. Rebuild Unit 01 booklet, PowerPoints and observation records; QA against all 13 criteria.
3. Rebuild Unit 02 booklet, PowerPoints, session-plan template and delivery observation record; QA against all 18 criteria.
4. Rebuild Unit 04 booklet, PowerPoints, fitness-test record and programme log; QA against all 15 criteria.
5. Rebuild Unit 07 booklet and PowerPoints, including plan-follow-review evidence for 3.3-3.5; QA against all 14 criteria.
6. Streamline Unit 09 booklet and PowerPoints; create event plan, role sheet and observation record; QA against all 9 criteria.
7. Create master learner tracker, assessment-record templates, learner declarations and internal QA sampling record.
8. Run final cross-document QA: scheme week -> slide lesson -> booklet task -> evidence record -> specification descriptor.

6. Final compliance checklist

- ☐ All five units remain current and valid within specification version 5.6.
- ☐ Every assessment criterion in Section 3 is present in the relevant booklet.
- ☐ Every PowerPoint identifies the unit, criterion and exact booklet task.
- ☐ No slide supplies a single answer for learners to copy as their assessed response.
- ☐ Every practical criterion has a valid individual evidence method.
- ☐ Merit prompts appear only where the specification provides a Merit descriptor.
- ☐ Unit 07 health information is checked against current authoritative UK guidance before publication.
- ☐ Absence/catch-up arrangements do not replace practical demonstration with written work.
- ☐ Assessment decisions are internally quality assured before grades are submitted.
- ☐ Final portfolios are complete, authenticated, dated and traceable by 3 May 2027.