



Non-Exam Assessment (NEA)

NCFE Level 1/2 Technical Award in Sports Studies (603/7010/5)

Learner version

October 2024 release

v1.0

Past paper

Introduction

The non-exam assessment (NEA) is a formal synoptic assessment that requires you to independently apply an appropriate selection of knowledge, understanding, skills and techniques, developed through the full course of study, in response to a real-world situation, to enable you to demonstrate an integrated connection and coherence between the different elements of the qualification.

The NEA will contribute **60%** towards the overall qualification grade; therefore, it is important that you produce work to the highest standard that you can. You must not start the NEA until you have been taught the full course, to ensure that you are in the best position to complete the NEA successfully.

What is synoptic assessment?

Synoptic assessment is an important part of a high-quality vocational qualification because it shows you have achieved a holistic understanding of the sector. It also shows that you can make effective connections between different aspects of the subject content and across the breadth of the assessment objectives (AOs) in an integrated way. The Department for Education (DfE) has consulted with awarding organisations and agreed the following definition for synoptic assessment:

‘A form of assessment which requires a candidate to demonstrate that they can identify and use effectively in an integrated way an appropriate selection of skills, techniques, concepts, theories, and knowledge from across the whole vocational area, which are relevant to a key task’.

Synoptic assessment enables you to show that they can transfer knowledge and skills learnt in one context to resolve problems raised in another. To support the development of a synoptic approach, the qualification encourages you to make links between elements of the course and to demonstrate how you have integrated and applied your increasing knowledge and skills.

As you progress through the course, you will use and build upon knowledge and skills learnt across units. The NEA will test your ability to respond to a real-world situation.

Information for learners

Introduction

The NEA will be assessed holistically using a levels of response marking grid and against five integrated AOs. These AOs and their weightings are shown below.

Assessment objectives (AOs)
AO1: Recall knowledge and show understanding The emphasis here is for learners to recall and communicate the fundamental elements of knowledge and understanding. 12 marks (14%)
AO2: Apply knowledge and understanding The emphasis here is for learners to apply their knowledge and understanding to real-world contexts and novel situations. 16 marks (19%)
AO3: Analyse and evaluate knowledge and understanding The emphasis here is for learners to develop analytical thinking skills to make reasoned judgements and reach conclusions. 12 marks (14%)
AO4: Demonstrate and apply relevant technical skills, techniques and processes The emphasis here is for learners to demonstrate the essential technical skills relevant to the vocational sector by applying the appropriate processes and techniques. 20 marks (24%)
AO5: Analyse and evaluate the demonstration of relevant technical skills, techniques and processes The emphasis here is for learners to analyse and evaluate the essential technical skills, processes and techniques relevant to the vocational sector. 24 marks (29%)

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Learner instructions

- Read the project brief carefully before you start the work.
- You **must** clearly identify and label all of the work you produce during the supervised time.
- You **must** hand in all of your work to the supervisor at the end of each timed session.

Learner information

- This NEA will assess your knowledge and understanding from across the qualification.
- The maximum mark for this NEA is **84**.
- The maximum completion time for this NEA is **20 hours** (plus **2 hours** preparation and research time).
- All of the work you submit **must** be your own.

Resources

- The centre have been provided with the following documents to use during the NEA:
 - Learner Log
 - Record of Learner Observation report (assessor) for Task 3 (a).

Please complete the details below clearly and in BLOCK CAPITALS.

Learner name

Centre name

Centre number

Learner number

Learner signature

Preparation and research task

Maximum time: 2 hours

In addition to the allocated assessment time for this NEA, you are permitted to spend a maximum of **2 hours** to undertake research and develop a research pack that you can refer to during the formal NEA assessment time. During this 2-hour period, you may access all learning materials, the internet and other published materials.

You should use this time to create your own research pack, and it is this pack alone that you may use during the allocated time given to the NEA. This is the only support material that is permitted during the completion of NEA tasks (unless otherwise stated within each of the task instructions).

All research and data used in your final NEA **must** be referenced appropriately. As a minimum this **must** include the following:

- the use of quotation marks to clearly identify any passages not of your own words
- date accessed (websites only)
- name of source / author.

Evidence requirements: research pack of no more than four sides of A4, font size 12 (if word processed), to be returned to your assessor at the end of each task / session and submitted with the completed NEA.

Formal non-exam assessment (NEA)

Maximum completion time

You have been provided with a total of **20 hours** to complete this NEA (plus **2 hours** for preparation and research).

You may use some or all of the time provided for each task.

You are allowed to use any remaining time allocated to one task to rework previous tasks up to the maximum time allowed.

You are **not** allowed to exceed the total number of hours.

You should **not** start your NEA until you have been taught the full course of study. This will ensure that you are in the best position to complete the NEA successfully.

Project brief

You are undertaking work experience at your local sports centre. As part of this work, you deliver sessions to senior citizens who want to take part in physical activity.

The physical activity coordinator at the local sports centre has asked you to plan a series of sports coaching sessions, to cover a 6-week period. They have asked for the final week to consist of a competition in a knockout format.

You should plan **five** sports coaching sessions for a sport of your choice. Your chosen sport should have a National Governing Body (NGB) and be suitable for a group of at least eight senior citizens.

When planning the sports coaching sessions, you will need to consider a wide range of elements. These may include information about:

- factors affecting participation in sport
- sports injuries to make sure activities are safe
- a coach's leadership styles, roles and responsibilities and motivation techniques
- skills and techniques to be developed for chosen sport
- skill classification and physical factors that can affect performance.

You will be expected to lead on delivering **one** of your planned sports coaching sessions.

In this session, you should demonstrate the relevant coaching techniques. Following this session, you should then complete a self-assessment to review your effectiveness as a coach.

After this you should revisit your remaining four sports coaching session plans and make changes to these. Changes should be based on feedback received from your assessor, as well as your self-assessment.

Finally, you will be required to evaluate and produce an action plan to demonstrate the effectiveness of your coaching skills and your ability to plan and deliver coaching sessions.

Assessment tasks

Task 1

Research and development	
Maximum time	4 hours
Content areas assessed	1. Participation in sport 6. Sports injuries 8. Sports leadership and sports coaching 9. Skills classification and performance analysis 10. Development and delivery of a sports coaching session
Assessment objectives (AOs)	AO1 – 4 marks AO2 – 4 marks AO3 – 4 marks
You are required to: Undertake research to create a document focused on working with senior citizens. You are permitted to use the internet for this task. The document should: • explain the different leadership styles coaches could use • explain the roles and responsibilities of a coach and give supporting examples • provide an overview of skills classification • outline the key components of planning / delivering / reviewing a sports coaching session • provide an overview of the common causes of sport injuries and prevention methods • give examples of different solutions to barriers that may affect participation in sport. Complete your Learner Log for this task. [12 marks]	
Evidence	• A document containing all task requirements: ◦ word processed or handwritten. • Learner Log. You must also submit your internet browsing history of sites used to support your response to the task.

Task 2 (a)

Development of five sports coaching session plans	
Maximum time	3 hours
Content areas assessed	1. Participation in sport 4. The use of technology in sport 6. Sports injuries 9. Skills classification and performance analysis 10. Development and delivery of a sports coaching session
Assessment objectives (AOs)	AO2 – 4 marks AO4 – 8 marks
You are required to: Choose one sport which has a National Governing Body (NGB) and is suitable for senior citizens. Produce five sports coaching session plans for your chosen sport. Each of your sports coaching session plans must last a minimum of 30 minutes and should: • be for a minimum of eight participants • introduce and develop skills and techniques • include motivation techniques • include all components of a sports coaching session • consider the elements related to skills classification • include approaches used to minimise the risk of injury. In the final week, your participants will demonstrate these skills and techniques in a competition, in a knockout format. Complete your Learner Log for this task. [12 marks]	
Evidence	• Five sports coaching session plans: ○ word processed or handwritten. • Learner Log.

Task 2 (b)

Development of a sports competition plan	
Maximum time	2 hours
Content areas assessed	1. Participation in sport 4. The use of technology in sport 5. Planning, delivering and reviewing a sports competition 7. Psychology for sports performance
Assessment objectives (AOs)	AO1 – 4 marks AO2 – 4 marks AO3 – 4 marks
You are required to: Develop a plan for a sports competition to take place in the final week of the 6-week period. Your competition should focus on your participants being able to demonstrate the skills and techniques learnt in your previous five sports coaching session plans. Your planned competition must: • be in a knockout format • last for at least half a day • be suitable for a minimum of eight senior citizen participants • include the main aspects of a sports competition plan, as well as reasons for your choices. The competition could include more participants than were in the original group that you worked with. Complete your Learner Log for this task. [12 marks]	
Evidence	• Completed plan: ○ word processed or handwritten. • Learner Log.

Task 3 (a)

Delivery of a sports coaching session	
Maximum time	3 hours
Content areas assessed	6. Sports injuries 7. Psychology for sports performance 8. Sports leadership and sports coaching 9. Skills classification and performance analysis 10. Development and delivery of a sports coaching session
Assessment objective (AO)	AO4 – 12 marks
You are required to: Deliver one of your five sports coaching sessions (you will need to have photographs of you leading the warm-up, main activity and cool-down). Your sports coaching session must: • include a minimum of eight participants • be led by you for the full duration of the session • last for a minimum of 30 minutes • be observed by your assessor. Complete your Learner Log for this task. [12 marks]	
Evidence	• Annotated photographs explaining what you were doing in each image. • Completed Record of Learner Observation report (to be completed and provided by assessor using the template provided). • Learner Log.

Task 3 (b)

Review of a sports coaching session	
Maximum time	3 hours
Content areas assessed	6. Sports injuries 7. Psychology for sports performance 8. Sports leadership and sports coaching 9. Skills classification and performance analysis 10. Development and delivery of a sports coaching session
Assessment objective (AO)	AO5 – 12 marks
After delivering the session in Task 3 (a) you are required to: Complete a self-assessment activity to review your effectiveness as a coach. Your self-assessment must review: • your leadership style • motivation techniques • skills and qualities shown • your ability to take on the responsibilities of a coach. You may use the completed Record of Learner Observation report and photographs from Task 3 (a) to support with this task. Complete your Learner Log for this task. [12 marks]	
Evidence	• Self-assessment of the coaching session and effectiveness as a coach: ○ word processed or handwritten. • Learner Log.

Task 4

Revisit sports coaching session plans	
Maximum time	3 hours
Content areas assessed	6. Sports injuries 7. Psychology for sports performance 9. Skills classification and performance analysis 10. Development and delivery of a sports coaching session
Assessment objectives (AOs)	AO1 – 4 marks AO2 – 4 marks AO3 – 4 marks
After the delivery of your session from Task 3 (a) you are required to: Revisit your four remaining sports coaching session plans and make changes to these. You should highlight any changes that you make and show any revisions. Changes should: • be based on the feedback received in the Record of Learner Observation report, from Task 3 (a) • be based on your own self-assessment from Task 3 (b) • relate to both the structure and content of your session • be justified, making clear links to the above feedback • outline how the changes that you have made will help to improve future sessions. Complete your Learner Log for this task. [12 marks]	
Evidence	• Four updated session plans: ○ word processed or handwritten. • Learner Log.

Task 5

Evaluation	
Maximum time	2 hours
Content areas assessed	8. Sports leadership and coaching 9. Skills classification and performance analysis 10. Development and delivery of a sports coaching session
Assessment objective (AO)	AO5 – 12 marks
You are required to: Evaluate the effectiveness of your coaching skills and your ability to plan and deliver coaching sessions. Your evaluation must: • show a range of strengths and areas for improvement • conclude by developing an action plan, outlining future development needs with specific, measurable, attainable, realistic, time-bound (SMART) targets to help you improve the elements that you have identified. When completing your evaluation, you should review both your performance as a coach, as well as your ability to complete the tasks. Complete your Learner Log for this task. [12 marks]	
Evidence	• Evaluation is to include an action plan: ○ word processed or handwritten. • Completed Learner Log.

Documentation

Declaration of authenticity

The learner and assessor **must** complete the form at the end of the assessment and before any marking takes place. The assessor **must** check the number of tasks submitted by the learner is accurate.

The completed form **must** be retained within the centre and is not to be sent to the moderator or NCFE unless specifically requested.

Learner name:	
Tasks submitted:	
Learner declaration:	
I certify that the work submitted for this NEA is my own. I have clearly referenced any sources used in the work. I understand that false declaration is a form of malpractice.	
Learner signature:	
Date:	

Assessor name:	
Assessor declaration:	
I certify that the work submitted is the learner's own. The learner has clearly referenced any sources used in the work. I confirm that all work was conducted under conditions designed to assure the authenticity of the learner's work.	
Assessor signature:	
Date:	

Note: once completed, the declaration of authenticity **must** be stored securely within the centre, in line with NCFE Regulations for Conduct of NEA – Non-Exam Assessment. A copy of this declaration form **must** be made available to NCFE upon request.

GDPR consent

Section A: this section must be completed by the learner

- NCFE may select your work for use at teacher training or standardisation events. Your work will be anonymised by removing your name. All materials will be reviewed regularly and will be removed if no longer required.
- NCFE may select your work at some point in the future for use in teaching and learning resources published on the NCFE website. Your work would be anonymised by removing your name. All materials will be reviewed regularly and will be removed if no longer required.
- You understand that this agreement may be terminated at any time through written request.
- For further details about how we process your data, please refer to the [legal information section on the NCFE website](#).

Please tick the option that applies, sign and date in the box below:

Tick one only	
I consent to my work being used in the manner detailed in section A	
I do not consent to my work being used in the manner detailed in section A	
Learner signature:	
Date:	

Section B: this section must be completed by any participants who feature in the work

Over 13 years old

- I am over 13 and I give my permission for my video and / or photographic image to be used as detailed in section A (above).

Under 13 years old

- I give my permission for my child's video and / or photographic image to be used as detailed in section A (above).

Name of participant (printed)	Participant / Parent / Carer signature	Date

If any of the participants have declined permission, please tick here: ☐