

Health, Fitness and Well Being

Learning objective	Learning activity	Differentiation and extension	Starter/Plenary/HW
Linking participation in physical activity, exercise and sport to health, well-being and fitness, and how exercise can suit the varying needs of different people.	<p>Reasons for participation in physical activity, exercise and sport, and how performance in physical activity/sport can increase health, well-being and fitness.</p> <p>Physical health and well-being:</p> <ul style="list-style-type: none"> • improves heart function • improves efficiency of the body systems • reduces the risk of some illness • able to do everyday tasks • to avoid obesity. <p>Mental health and well-being:</p> <ul style="list-style-type: none"> • reduces stress/tension • release of feel good hormones (serotonin) • able to control emotions. <p>Social health and well-being:</p> <ul style="list-style-type: none"> • opportunities to socialise/make friends • cooperation • teamwork • have essential human needs (food, shelter, clothing). <p>Fitness:</p> <ul style="list-style-type: none"> • improves fitness 	<p>Recap what health & fitness mean.</p> <p>Develop the ability to explain the 3 concepts (physical, mental, social).</p> <p>Link exercise to the effects on each.</p>	<p>S- Understand and compare the definitions for both health and fitness.</p> <p>S- List the benefits of physical activity on health, fitness and wellbeing and place in under the correct category.</p> <ul style="list-style-type: none"> - Discussion of the 3 different categories and why exercise has a positive effect on these areas - physical, mental, social. <p>S- Mind map- what is 'wellbeing'?</p> <p>P- Explain the three categories that health and fitness have an impact on, giving examples of each.</p> <p>P- Match up- link the examples given to the correct category.</p> <p>P- Understand and explain the correct definitions for the following:</p> <ul style="list-style-type: none"> - Health - Fitness - Well- being - Social health and well

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J Dewey



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