

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

Gcse Pe Schemes Of Work Aqa

Ensheng Dong

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

Gcse Pe Schemes Of Work Aqa:

Unveiling the Magic of Words: A Review of "**Gcse Pe Schemes Of Work Aqa**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Gcse Pe Schemes Of Work Aqa**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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