

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.	Reasons for participation in physical activity, exercise and sport, and how performance in physical activity/sport can increase health, well-being and fitness. Physical health and well-being: • improves heart function • improves efficiency of the body systems • reduces the risk of some illness • able to do everyday tasks • to avoid obesity. Mental health and well-being: • reduces stress/tension • release of feel good hormones (serotonin) • able to control emotions. Social health and well-being: • opportunities to socialise/make friends • cooperation • teamwork • have essential human needs (food, shelter, clothing). Fitness: • improves fitness	Recap what health & fitness mean. Develop the ability to explain the 3 concepts (physical, mental, social). Link exercise to the effects on each.	S- Understand and compare the definitions for both health and fitness. S- List the benefits of physical activity on health, fitness and wellbeing and place in under the correct category. - Discussion of the 3 different categories and why exercise has a positive effect on these areas - physical, mental, social. S- Mind map- what is 'wellbeing'? P- Explain the three categories that health and fitness have an impact on, giving examples of each. P- Match up- link the examples given to the correct category. P- Understand and explain the correct definitions for the following: - Health - Fitness - Well- being - Social health and well

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Unveiling the Energy of Verbal Art: An Psychological Sojourn through **Gcse Pe Schemes Of Work Aqa**

In a world inundated with monitors and the cacophony of instant interaction, the profound energy and psychological resonance of verbal artistry frequently diminish in to obscurity, eclipsed by the regular barrage of noise and distractions. Yet, nestled within the lyrical pages of **Gcse Pe Schemes Of Work Aqa**, a captivating perform of fictional brilliance that impulses with raw thoughts, lies an unique journey waiting to be embarked upon. Penned by a virtuoso wordsmith, this interesting opus books viewers on a psychological odyssey, delicately revealing the latent potential and profound influence stuck within the delicate internet of language. Within the heart-wrenching expanse of this evocative evaluation, we can embark upon an introspective exploration of the book is key styles, dissect their captivating publishing type, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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