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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