

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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