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| GCSE Physical Education |  |
| **Enquiry Question: Can you be healthy but not fit?**  |
| **Unit title: Health, Fitness and Well-Being*****Why now?*** Students will understand the various components of a balanced diet and how energy intake can affect weight, health and sporting performance. This unit link with chapter 3.1.3 – physical training and challenges pupils to link training with particular diets people may need to maintain energy levels. Students will understand and identify the difference between health, fitness and well-being and determine whether individuals can be healthy but not fit and vice versa. Students will also understand the importance of maintaining good water levels and analyse the impact water can have on sporting performance.  |
| **Knowledge**Students will know about… | **Application/Skills**Students will be able to… | Vocabulary*(Tier 2 and 3)* | Home Learning | Assessment | Extra ResourcesExtended Reading | Cultural Capital |
| * Link participation in physical activity to health, fitness and well-being
* Consequences of a sedentary lifestyle
* Obesity
* Somatotypes
* Energy Use
* Nutrition – balance diet

Maintaining water balance | * Label diagrams correctly
* Define key terms
* Draw diagrams correctly.
* Answer short answer questions
* Use the 9-mark template to answer long answer questions
* Demonstrate and model movements of the body
* Understand and know key equations.
 | HealthFitnessWell-beingObesityOverweightUnderweightMesomorphEctomorphEndomorphCarbohydrateFatProteinFibreVitaminswater | Use of Google Classroom and blended learning. PiXL: <https://www.pixl.org.uk/> Seneca: <https://senecalearning.com/en-GB/> Afterschool revision lessons at Langdon Park.Milk: <https://my.milkapp.io/>  | Question/AnswerSelf- assessmentPeer assessmentExaminationsBook reviews and markingAssignments |  QR Code – Linked to the AQA Specification<https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582> Revise AQA GCSE (9-1) Revision GuideAQA GCSE (9-1) PE (Aqa for Gcse) | Links with food technology are made to discuss the importance of diet.YouTube clips are watched alongside other video clips to enhance understanding of topics. <https://nathanwalkerphysed.com/pe-geeks-corner/>  |