



We will be learning about social-cultural issues and sports psychology

We will develop our learning by studying the following each week:

Week 1

- Health, fitness and well-being
- The difference between each 3 distinct components and how they link together
- The impacts of physical, social and emotional factors on well-being
- *(Exam questions)*

Week 2

- Diet and nutrition
- Macro-nutrients vs Micro-nutrients
- Examples of different food types and the role each food type has in the functioning of the body
- BMI
- *(Exam questions and mini test – self assess)*

Week 3

Mock exam (content that has been covered)

Week 4

- Green pen response to marking

Week 5

- **Introduction to NEA**
- **Analyse and evaluate the performance of yourself or a peer**
- **Skills and techniques needed for a certain sport**
- **Review performance of skills and techniques and impact on performance**
- **Create a programme to improve specific skills and techniques**

By the end of the topic you will be able to:

How fitness, exercise and well-being feed into overall health

How diet aids performance and overall health

How to analyse different performers

Key Vocabulary

SMART

Macro-nutrients

Micro-nutrients

Body Mass Index

Calorie deficit

