



**We will be learning about...**

During the next seven weeks, we will be studying GCSE Physical Education. We will be focusing on GCSE Physical Education, Paper 2. We will look at exam questions which will allow you to develop an understanding of the exam requirements. The topic we will focus on are below:

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

**Week 1 Introduction and Health Fitness and Wellbeing**

- Define Health, Fitness and Wellbeing.
- To understand the benefits of leading a health active lifestyle.

**Week 2 Diet**

- To understand the components of a balanced diet
- **Mini Assessment (6 Mark Exam Question)**

**Week 3 Characteristics of skilful movement**

- **CTG work (Closing the Gap)**
- To know the skilful movements
- *To apply these to practical examples*

**Week 4 Classification of skill**

- To Know the classifications of skill.
- To apply practical examples to the skill continuums.
- **Mini Assessment (6 Mark Exam Question)**

**Week 5 SMART target setting/ goal setting**

- **CTG work (Closing the Gap)**
- To know the components of a SMART target
- To be able to apply these to practical examples
- To understand why we apply SMART targets and goal setting

**Week 6 Assessment**

- **End of unit test**
- **CTG work (Closing the Gap)**

**Week 7 Key Learning**

- **Further CTG work where needed (dependent on outcomes of previous weeks' learning)**

**By the end of the topic we will be able to:**

**Remember**

- The definitions for health, fitness and wellbeing
- The components of a balanced diet
- The characteristics of skilful movement
- The classifications of skill
- What SMART targets and why we set them

**Apply**

- this knowledge to sporting examples.
- this knowledge to 6-mark questions.

**Evaluate**

- the impact these training adaptations will have on an athlete and their performance.

**Key Vocabulary**

Fluent	Predetermined	Co-ordinated	Environmental continuum	Specific	Achieved	Timed	Fitness	Carbohydrates
Efficient	Aesthetic	Difficulty continuum	Vitamins and minerals	Measurable	Recorded	Health	Well-being	Protein