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| **GCSE PE Unit 4**  **Health, fitness and well-being** | **Unit Navigator** | | | | | |
| In this unit you will investigate health, fitness and well-being. The aims are as follows:  **LG1**: Knowledge  **LG2**: Application  **LG3**: Skills | Assessment Grades |  |  | | | |
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| **Lesson Title.** | **Learning Goals/Outcomes/Content** | | |  |  |  |
| 1.  **The relationship between health and fitness** | LG1 - To know the definitions of health and fitness.  LG2 - To apply the impact of health and fitness on performance. | | |  |  |  |
| 2.  **The consequences of a sedentary lifestyle** | LG1 - To know what is meant by sedentary lifestyle.  LG2 - To apply knowledge of how a sedentary lifestyle can have an effect on performance in physical activity and sport | | |  |  |  |
| **3.**  **Obesity** | LG1 - To know what is meant by the term obesity.  LG2 - To apply knowledge of how obesity can have an effect on performance in physical activity and sport | | |  |  |  |
| 4.  **Somatotypes** | LG1 – To know the different somatotypes  LG2 – To be able to apply different sports/roles to each of the somatotypes | | |  |  |  |
| 5.  **Nutrition and hydration** | LG1 - To know the role and importance of macronutrients and micronutrients.  LG2 - To apply the importance of hydration for physical activity. | | |  |  |  |
| 6.  **Energy use** | LG1 - To know how the body gets energy from nutrients and the role of these within the body. | | |  |  |  |
| 7.  **Test Preparation / Revision** | LG2 – To be able to apply knowledge gained over unit to practice exam style questions | | |  |  |  |
| 8.  **TEST COMPLETION** | LG3 – To demonstrate understanding of topics taught in this unit to complete an end of unit test | | |  |  |  |
| 9.  **TEST REVIEW** | LG3 – To skilfully evaluate the unit covered and identify areas of strength/weakness | | |  |  |  |

**Links:**

LG1: Basic knowledge of health, fitness and well-being reinforce knowledge within other topics such as the cardiorespiratory system.

LG2: Application is a vital skill at GCSE, but also in understanding how health, fitness and well-being affect overall day to day tasks

LG3: Revision and analysis skills are crucial for pupils to be able to identify errors and learn from mistake to ensure a stronger future grade