

Unit 6 Health and Fitness

learning journey

Learning is linked to units 1,2 and 3,4 and 5				
Intended learning outcomes	<p>Linking participation in physical activity, exercise and sport to fitness, health and well-being.</p> <p>How exercise can suit the varying needs of different people.</p> <p>The consequences of a sedentary lifestyle.</p> <p>Obesity and how it can affect performance.</p> <p>Body types.</p> <p>Balanced diet and nutrition.</p>			
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5
<p>1) -Health and well-being</p> <p>-Well-being</p> <p>-Physical health and well-being</p> <p>-Mental health and wellbeing</p> <p>-Social health and well-being.</p> <p>2) Fitness</p>	<p>1) The consequences of a sedentary lifestyle.</p> <p>2) obesity</p> <p>-what is it?</p> <p>-effects on fitness</p> <p>-effects on health and wellbeing</p>	<p>1) Body types</p> <p>-Somatotypes for sport.</p> <p>-ectomorph and the sports associated with this body type.</p> <p>- Endomorph and the sports associated with this body type</p> <p>-Mesomorph and the sports associated with this body type</p>	<p>1)Energy use, diet, nutrition, and hydration</p> <p>-Average calorie requirements</p> <p>-Nutrition- reasons for having a balanced diet</p> <p>-Aiming for a balanced diet.</p> <p>-Carbohydrates, fat, protein, vitamins, and minerals.</p>	<p>1) End of Unit test.</p> <p>The test will include questions from Uni 4 and unit 6.</p> <p>The test will be made up of</p> <p>-multiple choice</p> <p>- 2 mark</p> <p>-3 mark</p> <p>-4 mark</p> <p>- 1x 6mark</p> <p>-1x 9mark</p>
ASSESSMENT				
SUMMATIVE			FORMATIVE	
<ul style="list-style-type: none"> • Verbal questioning • Check your understanding questions- Exam style • Do now activities- Recap/review • Homework tasks 			<ul style="list-style-type: none"> • Assessed long answer questions • End of Unit exam 	