## GCSE PE Learning Journey: Component 2 - Topic 1.1: Physical, emotional and social health, fitness and well-being; Topic 1.2: Consequences of a sedentary lifestyle; Topic 1.3: Energy use, diet, nutrition and hydration

Step 15: **Hydration** 

For physical activity and sport. **Importance** and correct levels

Step 14: Energy balance

Needed to maintain a healthy weight Step 13:Variation in optimum weight

According to roles in specific physical activities and sports

Step 12:The factors affecting optimum weight

Sex, height, bone structure and muscle girth

Step 11:The role and importance of micronutrients

For performers in physical activities and sport

Step 10: The role and importance of macronutrients

For performers in physical activities and sport. Carbohydrate loading and timing of protein intake

## Step 5: Promoting personal health

Designing, developing, monitoring and evaluating a personal exercise programme to specific individual needs

Step 6: Lifestyle choices

In relation to diet. activity level, work/rest/sleep balance, and recreational drugs Step 7: Positive and negative impact of lifestyle choices

On health, fitness and well-being

Step 8: Sedentary lifestyle and its consequences

Overweight, overfat, obese, increased risks to long term health

Step 9: **Nutritional** requirements

Ratio of nutrients for a balanced diet to maintain a healthy lifestyle and optimise performance

Step 4: Impact of fitness on wellbeing

Positive and negative health effects

Step 3: Social Health

How participation in sport can improve social health and how benefits are achieved Step 2: Emotional Health

How participation in sport can improve emotional health and how benefits are achieved

Step 1: Physical Health

How improving components of fitness can improve health / reduce health risks

Achievement I resilience J SHUTTLEWORTH









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