



%	I can ...	Prove it!
<p><b>70%+</b></p>	<p>Apply detailed practical examples of each type of feedback:                      Intrinsic &amp; Extrinsic Feedback                      Knowledge of Performance                      Knowledge of Results                      Positive &amp; Negative Feedback</p> <p>Know each (8) negative physical consequences of a sedentary lifestyle</p> <p>Apply detailed examples to the emotional consequences of a sedentary lifestyle</p> <p>Know detailed examples of the social consequences of a sedentary lifestyle</p> <p>Know the 7 different food groups that make a balanced diet and give at least two examples of each one.</p> <p>be able to apply detailed practical examples from physical activity and sport to diet and hydration</p>	<p><b>Extrinsic and intrinsic feedback are used when performing in sport.                      Assess the relative importance of each of these types of feedback to a group of people who have just started to play basketball</b></p> <p><b>State eight different medical conditions (physical conditions) that could occur from a sedentary lifestyle</b></p> <p><b>Examine three ways exercise could help Alvin's emotional well-being</b></p> <p><b>State two possible social consequences a sedentary lifestyle could have on an individual</b></p> <p><b>State each food group with an example</b></p> <p><b>Why is protein an important part of a balanced diet</b></p> <p><b>Explain how timing of protein intake could improve performance in one physical activity or sport</b></p>



Know the advantages and disadvantages of each type of feedback

Explain a range of different physical benefits of physical activity

Know the exact definition of Health, Fitness, Well Being and a Sedentary Lifestyle.

be able to apply practical examples from physical activity and sport to diet and hydration

60%

**Discuss what type of feedback would be best suited for a 8 year old beginning to learn how to swim. You must compare and contrast each type of feedback**

**How can exercise make you feel good? 6 mark question**

**State two physical health benefits of physical activity**

**Evaluate the important of carbohydrates and fats for performance in a marathon**



Describe each type of feedback and who the type of feedback is best suited to.

Describe the emotional benefits of physical activity and consequences of a sedentary lifestyle:  
self-esteem/confidence  
stress management  
Image

50%

Know the exact definition of Health, Fitness and Well Being

Recall the 7 different food groups that make a balanced diet and give an example of each one

understand the effect of diet and hydration on energy use in physical activity

Give two advantages and two disadvantages of using verbal guidance for a beginner starting in football

Alvin has just entered year 11 and is finding his school work load has increased. He has started feeling more stressed than he is used to. A friend suggests that doing regular exercise may help. Explain how regular exercise could help Alvin (3mark question)  
(remember that you need to link your answer back to the fact that Alvin is feeling stressed)

Give the exact definition of fitness and Health

State each food group and give two examples of each one

Give one reason why the body needs minerals

How does protein help you recover after exercise?



%	I can ...	Prove it!
 <p>40%</p>	<p>Name five different types of feedback</p> <p>Know at least three different physical benefits of physical activity.</p> <p>Recall the exact definition of Health and Fitness</p> <p>know the components of a balanced</p> <p>Recall the 4 of the different food groups that make a balanced diet giving examples of each group</p>	<p>List the five different types of feedback</p> <p><i>Exercise can help improve the functioning of heart and lungs</i> State two other physical benefits of physical activity</p> <p>Define what is meant by Fitness</p> <p>Complete the blanks Proteins help the body.....and ..... itself</p> <p>Fats provide.....for low-intensity exercise. They also help to keep the body .....and.....organs</p> <p>Why is fibre an important part of a balanced diet</p>

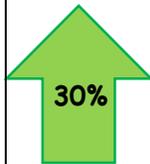


Recall three different types of feedback

Recall what is meant by health, fitness and well-being.

Know the definition of a balanced diet

Recall the 3 of the different food groups that make a balanced diet giving examples of each group



Match the correct type of feedback with the correct definition

**Intrinsic**

The score or outcome of a match / race

**Extrinsic**

This type of feedback happens **within** the performer

**Knowledge of Results**

Knowing if you used the correct movements / techniques in a game

**Knowledge of Performance**

When someone else tells you or shows you how to improve

Complete the missing words

Health is a state of ..... physical, ..... and ..... well-being, not just the absence of .....

List three different food groups

What food group does the following examples of food belong to

Chicken -

Pasta -

Butter -