

<b><u>Y10</u></b> <b><u>Term</u></b>	<b><u>Learning covered in lessons this term</u></b>	<b><u>Home learning</u></b>
Term 1	<p style="text-align: center;"><b><u>Introduction to GCSE PE theory</u></b></p> <ul style="list-style-type: none"> <li>• Skeletal system</li> <li>• 1.1.1 – 1.1.3 <a href="https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/3c1d23f0-2d26-11e8-b092-e9cd19f97a8b/section-overview">https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/3c1d23f0-2d26-11e8-b092-e9cd19f97a8b/section-overview</a></li> <li>• Muscular system</li> <li>• 1.2.1 – 1.2.3 <a href="https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/c20c1ef1-5d5c-42d4-b2dd-6917dbfb0f49/session">https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/c20c1ef1-5d5c-42d4-b2dd-6917dbfb0f49/session</a></li> <li>• Levers.</li> <li>• 1.3.1 and 1.3.2 <a href="https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/d9ab7d3b-deb5-4696-b98d-f506ed55b599/session">https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/d9ab7d3b-deb5-4696-b98d-f506ed55b599/session</a></li> <li>• Diet, nutrition balanced diet</li> <li>• 5.2.1 – 5.2.4 <a href="https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/610466a0-2d1d-11e8-8bbb-85f2a0945a76/session">https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/610466a0-2d1d-11e8-8bbb-85f2a0945a76/session</a></li> <li>• Cardiovascular system intro.</li> <li>• 1.4.1 – 1.4.9 <a href="https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/eece36b0-2dc1-11e8-8e9b-7fd99ec6365e/session">https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/eece36b0-2dc1-11e8-8e9b-7fd99ec6365e/session</a></li> <li>• <b>Assessment task: Exam questions during lessons covering all topics so far.</b></li> </ul>	<p style="text-align: center;"><b>Using the knowledge organiser make notes to develop your knowledge of the topics covered in lesson this term and attempt the exam style questions.</b></p> <p style="text-align: center;"><b>Use the Seneca learning link on the left hand side to support your learning on relevant topic areas.</b></p> <p style="text-align: center;"><b>Complete both the Seneca learning checks and the exam style questions on the knowledge organiser. FEEDBACK: Seneca will give you instant feedback on your answers, you can also use your knowledge organisers to check your answers to the exam questions. You could mark these in green.</b></p>
Term 2	<p style="text-align: center;"><b><u>GCSE PE theory</u></b></p> <ul style="list-style-type: none"> <li>• Recap on previous learning</li> <li>• Finish cardiovascular system. 1.4.1 – 1.4.4 Seneca <a href="https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/eece36b0-2dc1-11e8-8e9b-7fd99ec6365e/session">https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/eece36b0-2dc1-11e8-8e9b-7fd99ec6365e/session</a></li> <li>• Respiratory system 1.4.5 – 1.4.9</li> </ul>	<p style="text-align: center;"><b>Using the knowledge organiser make notes to develop your knowledge of the topics covered in lesson this term and attempt the exam style questions.</b></p> <p style="text-align: center;"><b>Use the Seneca learning link on the left hand side to support your learning on relevant topic areas.</b></p>

**GCSE PE Home learning**

	<ul style="list-style-type: none"> <li>• <a href="https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/43ac7564-e646-46e8-842d-8c9e6f065a3f/session">https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/43ac7564-e646-46e8-842d-8c9e6f065a3f/session</a></li> <li>• Aerobic/anaerobic</li> <li>• Short and long term effects of exercise 1.5.1 – 1.5.3 Seneca <a href="https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/39b17e69-7116-41b6-a65a-70bdbb9470dc/session">https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/39b17e69-7116-41b6-a65a-70bdbb9470dc/session</a></li> </ul> <p>● <b>Assessment task: Exam questions during lessons to include previous topics.</b></p>	<p>Complete both the Seneca learning checks and the exam style questions on the knowledge organiser. <b>FEEDBACK: Seneca will give you instant feedback on your answers, use the knowledge organisers to check your answers to the exam questions. Mark in green.</b></p>
Term 3	<p align="center"><b><u>GCSE PE – term 3</u></b></p> <p>Planes. Seneca 1.3.1 – 1.3.4 <a href="https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/d9ab7d3b-deb5-4696-b98d-f506ed55b599/session">https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/d9ab7d3b-deb5-4696-b98d-f506ed55b599/session</a> Recap on previous learning Components of fitness and testing SPORT and FITT principle Seneca 2.1.1 – 2.1.7 <a href="https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/8e902eb3-928d-40cc-9854-6009d2225c5e/session">https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/8e902eb3-928d-40cc-9854-6009d2225c5e/session</a> Training methods 2.2.1 – 2.2.5 Seneca <a href="https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/31991400-285f-11e8-84c1-37f624ad4f01/session">https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/31991400-285f-11e8-84c1-37f624ad4f01/session</a> 5 part warm up and benefits. Seneca 2.2.4 <a href="https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/1e598930-2c45-11e8-b3b8-e5f7a9ede04b/session">https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/1e598930-2c45-11e8-b3b8-e5f7a9ede04b/session</a> 2 part cool down and benefits. Seneca 2.2.5 <a href="https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/9d810a60-2c47-11e8-b3b8-e5f7a9ede04b/session">https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/9d810a60-2c47-11e8-b3b8-e5f7a9ede04b/session</a></p> <p>● <b>Assessment task: Mock Exam. Questions covering all topics so far.</b></p>	<p>Using the knowledge organiser make notes to develop your knowledge of the topics covered in lesson this term and attempt the exam style questions.</p> <p>Use the Seneca learning link on the left hand side to support your learning on relevant topic areas.</p> <p>Complete both the Seneca learning checks and the exam style questions on the knowledge organiser. <b>FEEDBACK: Seneca will give you instant feedback on your answers, use the knowledge organisers to check your answers to the exam questions. Mark in green.</b></p>
Term 4	<p align="center"><b><u>GCSE PE – term 4</u></b></p> <p>Recap on previous learning Axis 1.3.3 Seneca <a href="https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/4ea93deb-3336-459c-9b11-08f6b92f0b16/session">https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/4ea93deb-3336-459c-9b11-08f6b92f0b16/session</a></p>	<p>Using the knowledge organiser make notes to develop your knowledge of the topics covered in lesson this term and attempt the exam style questions.</p> <p>Use the Seneca learning link on the left hand side to support your learning on relevant topic areas.</p>

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	<p align="center">Prevention of injury 2.3.1 Seneca  <a href="https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/48ef8120-285f-11e8-84c1-37f624ad4f01/session">https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/48ef8120-285f-11e8-84c1-37f624ad4f01/session</a>            SMART targets 4.1.2 Seneca <a href="https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/559319e0-2d1f-11e8-954a-b3f813c59de3/session">https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/559319e0-2d1f-11e8-954a-b3f813c59de3/session</a>            Continuums 4.1.1 Seneca <a href="https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/4d0269c0-2d1f-11e8-954a-b3f813c59de3/session">https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/4d0269c0-2d1f-11e8-954a-b3f813c59de3/session</a>  <b>Assessment task: Exam questions covering all topics so far</b></p>	<p><b>Complete both the Seneca learning checks and the exam style questions on the knowledge organiser. FEEDBACK: Seneca will give you instant feedback on your answers, use the knowledge organisers to check your answers to the exam questions. Mark in green.</b></p>
<p>Term 5</p>	<p>In this term students will be completing their coursework in lessons. As this is a controlled assessment you will not be able to complete this at home.</p> <ul style="list-style-type: none"> <li>Recap on previous learning Components of fitness and testing</li> <li>SPORT and FITT principle Seneca 2.1.1 – 2.1.7</li> <li><a href="https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/8e902eb3-928d-40cc-9854-6009d2225c5e/session">https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/8e902eb3-928d-40cc-9854-6009d2225c5e/session</a></li> <li>5 part warm up and benefits. Seneca 2.2.4 <a href="https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/1e598930-2c45-11e8-b3b8-e5f7a9ede04b/session">https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/1e598930-2c45-11e8-b3b8-e5f7a9ede04b/session</a></li> <li>2 part cool down and benefits. Seneca 2.2.5 <a href="https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/9d810a60-2c47-11e8-b3b8-e5f7a9ede04b/session">https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/9d810a60-2c47-11e8-b3b8-e5f7a9ede04b/session</a></li> <li>Skeletal system</li> <li>– 1.1.3 <a href="https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/3c1d23f0-2d26-11e8-b092-e9cd19f97a8b/section-overview">https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/3c1d23f0-2d26-11e8-b092-e9cd19f97a8b/section-overview</a></li> <li>Muscular system</li> <li>1.2.1 – 1.2.3 <a href="https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/c20c1ef1-5d5c-42d4-b2dd-6917dbfb0f49/session">https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/c20c1ef1-5d5c-42d4-b2dd-6917dbfb0f49/session</a></li> </ul> <p align="center">Recap on previous learning Components of fitness and testing            SPORT and FITT principle Seneca 2.1.1 – 2.1.7  <a href="https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/8e902eb3-928d-40cc-9854-6009d2225c5e/session">https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/8e902eb3-928d-40cc-9854-6009d2225c5e/session</a></p>	<p><b>Using the knowledge organiser make notes to develop your knowledge of the topics covered in lesson this term and attempt the exam style questions.</b></p> <p><b>SPORT and FITT principles</b>  <b>Components of fitness</b>  <b>Risk and hazards including warm up and cool downs.</b>  <b>Antagonistic pairs and movement types possible at a joint.</b>  <b>Naming and identifying the correct terms for muscles and bones in the skeleton.</b>  <b>Warm up and cool down</b></p> <p><b>Use the knowledge organiser and the links to Seneca on the left to revise. You may decide to create a mind map, flash cards or get someone to test you verbally.</b></p> <p><b>When you are ready attempt the exam questions to the best of your ability. Once completed use a green epn to mark yourself and improve your answers using the mark scheme.</b></p>

**GCSE PE Home learning**

<p>Term 6</p>	<p align="center"><b><u>Introduction to GCSE PE theory</u></b></p> <p align="center">Factors affecting participation 3.1.1 and 3.1.2  <a href="https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/d8036701-b739-4f01-a673-6c18d87a35b4/session">https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/d8036701-b739-4f01-a673-6c18d87a35b4/session</a>                      Promotion, provision and access.</p> <p align="center">Commercialisation of sport 3.2.1 – 3.2.5  <a href="https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/6fe56538-39c2-4274-a5e4-421356c1e48b/session">https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/6fe56538-39c2-4274-a5e4-421356c1e48b/session</a></p> <p align="center"><b>Assessment task: Mock exam. Full paper 1. Partial paper 2 exam.</b></p>	<p><b>Using the knowledge organiser make notes to develop your knowledge of the topics covered in lesson this term and attempt the exam style questions.</b></p> <p><b>Use the Seneca learning link on the left hand side to support your learning on relevant topic areas.</b></p> <p><b>Complete both the Seneca learning checks and the exam style questions on the knowledge organiser. FEEDBACK: Seneca will give you instant feedback on your answers, use the knowledge organisers to check your answers to the exam questions. Mark in green.</b></p>
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<b><u>Y11</u></b>	<b><u>Learning covered in lessons this term</u></b>	<b><u>Home learning</u></b>
<p>Term 1</p>	<p align="center"><b>GCSE PE Y11 term 1</b></p> <p align="center">Health, fitness and well being. 5.1.1 – 5.1.3 Seneca  <a href="https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/fed953f0-2d1c-11e8-8bbb-85f2a0945a76/session">https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/fed953f0-2d1c-11e8-8bbb-85f2a0945a76/session</a>                      Consequences of sedentary lifestyle 5.1.4 <a href="https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/fff28c20-2d1c-11e8-8bbb-85f2a0945a76/section-overview">https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/fff28c20-2d1c-11e8-8bbb-85f2a0945a76/section-overview</a></p> <p><b>Assessment task: Mock exam covering all exam content x 2 papers – Pixl mock papers adapted.</b></p>	<p><b>Using the knowledge organiser make notes to develop your knowledge of the topics covered in lesson this term and attempt the exam style questions.</b></p> <p><b>Use the Seneca learning link on the left hand side to support your learning on relevant topic areas.</b></p> <p><b>Complete both the Seneca learning checks and the exam style questions on the knowledge organiser. FEEDBACK: Seneca will give you instant feedback on your answers, use the knowledge organisers to check your answers to the exam questions. Mark in green.</b></p>

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<p>Term 2</p>	<p align="center"><b>GCSE PE Y11 term 2</b></p> <p align="center">Sponsorship/commercialisation 3.2.1 – 3.2.6 Seneca  <a href="https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/6fe56538-39c2-4274-a5e4-421356c1e48b/session">https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/6fe56538-39c2-4274-a5e4-421356c1e48b/session</a></p> <p align="center">Sportsmanship/Gamesmanship – deviance 3.3.1 – 3.3.2 Seneca  <a href="https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/b3abc6bc-a5d2-4cb7-b90d-def2118a21df/session">https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/b3abc6bc-a5d2-4cb7-b90d-def2118a21df/session</a></p> <p align="center">Drugs in sport 3.3.3 – 3.3.5 Seneca <a href="https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/d18f11f2-e94f-4338-98ab-7d405effb0cb/session">https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/d18f11f2-e94f-4338-98ab-7d405effb0cb/session</a></p> <p align="center">Violence in sport</p> <p align="center">Characteristics of skilful movement. 4.4.1 Seneca  <a href="https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/4d0269c0-2d1f-11e8-954a-b3f813c59de3/session">https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/4d0269c0-2d1f-11e8-954a-b3f813c59de3/session</a></p> <p><b>Assessment task: Mock exam covering all exam content x 2 papers – summer 2019 – minus term 6 topics.</b></p>	<p><b>Using the knowledge organiser make notes to develop your knowledge of the topics covered in lesson this term and attempt the exam style questions.</b></p> <p><b>Use the Seneca learning link on the left hand side to support your learning on relevant topic areas.</b></p> <p><b>Complete both the Seneca learning checks and the exam style questions on the knowledge organiser. FEEDBACK: Seneca will give you instant feedback on your answers, use the knowledge organisers to check your answers to the exam questions. Mark in green.</b></p>
<p>Term 3</p>	<p align="center"><b>GCSE PE Y11 term 3</b></p> <p>Mental preparation 4.1.3 Seneca <a href="https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/5ba70a30-2d1f-11e8-954a-b3f813c59de3/session">https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/5ba70a30-2d1f-11e8-954a-b3f813c59de3/session</a></p> <p>Types of guidance 4.2.3 Seneca <a href="https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/5ece88f0-2d1f-11e8-954a-b3f813c59de3/session">https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/5ece88f0-2d1f-11e8-954a-b3f813c59de3/session</a></p> <p>Types of feedback 4.2.4 and 4.2.5 Seneca <a href="https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/63443290-2d1f-11e8-954a-b3f813c59de3/section-overview">https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac/section/63443290-2d1f-11e8-954a-b3f813c59de3/section-overview</a></p> <p align="center">Revision</p> <p><b>Assessment task: in lesson exam questions.</b></p> <p>Where possible a past exam paper will be sent home along with a mark scheme to aid exam practise</p>	<p><b>Using the knowledge organiser make notes to develop your knowledge of the topics covered in lesson this term and attempt the exam style questions.</b></p> <p><b>Use the Seneca learning link on the left hand side to support your learning on relevant topic areas.</b></p> <p><b>Complete both the Seneca learning checks and the exam style questions on the knowledge organiser. FEEDBACK: Seneca will give you instant feedback on your answers, use the knowledge organisers to check your answers to the exam questions. Mark in green.</b></p> <p>Where possible a past exam paper will be sent home along with a mark scheme to aid exam practise</p>

### GCSE PE Home learning

11 <sup>th</sup> March	<ul style="list-style-type: none"> <li>• Revisit Reducing the risk of injury in sports environments and PPE</li> <li>• Revisit Warm ups and cool downs*</li> <li>• Recall – skeletal system (locating bones, functions and joint roles)</li> <li>• Low stakes questions/recall</li> </ul>	<p style="text-align: center; background-color: #90EE90; margin: 0;"><b>Home learning for students who are isolating:</b></p> <p>Where possible students should email Mr Wing prior to the lesson so he is aware that they are isolating and will not be in the lesson. Where possible the students should join the lesson live via teams. Mr Wing will be able to send an invite out prior to the lesson if he is made aware of an absence in advance. Any resources which students need for the live lesson can be found in the 11C GCSE PE teams files section.</p> <p style="text-align: center; margin-top: 20px;">If a student is unable to join the lesson they should use the resources independently alongside Seneca learning and Kerboodle, following the instructions on the powerpoint provided.</p>
18 <sup>th</sup> March	<ul style="list-style-type: none"> <li>• Recall Cardiovascular system</li> <li>• Recall - Mechanics of breathing and respiratory system.</li> <li>• Revisit Planes and Axis</li> <li>• Recall Components of fitness</li> </ul>	
25 <sup>th</sup> March	<ul style="list-style-type: none"> <li>• Recall Planes and Axis</li> <li>• Recall Components of fitness</li> <li>• Low stakes recall</li> <li>• Vascular shunt and red blood cell</li> <li>• Starter: recall 3 x definitions for cardio and respiratory system</li> </ul>	
22 <sup>nd</sup> April	<ul style="list-style-type: none"> <li>• Starter: recall 3 x definitions for cardio and respiratory system</li> <li>• Recall: 5 reasons for taking PED's</li> <li>• Recall: name one open/closed/simple/complex skill.</li> <li>• Starter: Revisit Vascular shunt</li> <li>• Starter: Role of red blood cells</li> <li>• Revisit Levers and mechanical advantage</li> </ul>	
29 <sup>th</sup> April	<ul style="list-style-type: none"> <li>• Starter: Sportsmanship behaviour</li> <li>• Starter: selective attention</li> <li>• Revisit Benefits of exercise (<b>social</b>, physical and mental)</li> <li>• Feedback</li> <li>• Revisit diet and nutrition* Macronutrients</li> <li>• 6 mark exam question technique</li> <li>• Sponsorship – positives and <b>negatives</b></li> <li>• Barriers to participation (age) – impact of media</li> </ul>	
13 <sup>th</sup> May	<ul style="list-style-type: none"> <li>• Starter: recall emotional, social, <b>physical</b> benefits of exercise</li> <li>• Define motor skill what is it?</li> <li>• Starter: SMART targets</li> <li>• Revisit: Types of guidance</li> <li>• Revisit impact of media on participation.</li> </ul>	
20 <sup>th</sup> May	<ul style="list-style-type: none"> <li>• Starter: Skill continuum (examples)</li> <li>• Revisit Diet and nutrition</li> <li>• Revisit sponsorship</li> <li>• Revisit physical benefits of exercise</li> <li>• Revisit: Target setting and motivation.</li> </ul>	