

PHYSICAL EDUCATION DEPARTMENT

Year Group	7	Term	Summer
GCSE Topic	Physical, Social and Emotional Benefits of Physical Activity		

Key words	Well-being, physical health, emotional health, social health, components of fitness, cardiovascular endurance, strength, coordination, power, reaction time, speed, balance, agility, body composition, flexibility, muscular endurance, endorphins, self-esteem, confidence
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Topic	Key definitions and knowledge;	Examples of the knowledge that pupils need to be able to recall
Well-Being	Good physical, emotional and social health are all essential for well-being	Good well-being is achieved by having good physical, emotional and social health.
Physical Health	<p>Taking part in physical activity and sport can develop fitness and improve your physical health.</p> <p>Components of fitness improved: Cardiovascular endurance, strength, coordination, power, reaction time, speed, balance, agility, body composition, flexibility, muscular endurance.</p>	<p>Improving these components of fitness means the following:</p> <ul style="list-style-type: none"> • Cardiovascular endurance. Can work harder for longer, and burn more calories. Have more energy. Risk of developing certain diseases is reduced. • Muscular Strength. Muscles become bigger and stronger. Burn more calories at rest. Ligaments and tendons stronger, so reduce risk of injury. • Body composition. Reduces body fat and increases lean body mass. Decreases the risk of developing diseases such as heart disease. • Flexibility. Makes daily activities easier, and prevents or limits injuries. Increases blood supply to the muscles, helps you recover quicker. • Muscular endurance. Allows you to work harder for longer.
Emotional Health	Participation in physical activity and sport helps to develop and maintain emotional health	<p>People who are emotionally or psychologically healthy are happy, self-confident, self-aware and resilient.</p> <p>Can cope with positive and negative criticism, change, and can bounce back when things get challenging.</p> <p>Helps develop and maintain emotional health by:</p> <ul style="list-style-type: none"> • Releasing hormones called endorphins which make you feel happier and more relaxed, and less stressed and anxious • More energy making you feel better able to cope with the physical demands of a busy life • Feeling healthier helps boost self-esteem and makes you a more confident person • Stimulates new brain cells as you get older, reducing risk of dementia

Social Health	Taking part in physical activity and sport can help improve your social health	<p>Socially healthy people are able to form and maintain good relationships with others.</p> <p>Meet new people and make new friends.</p> <p>Being part of a team or club gives a sense of belonging as you all work together to achieve a common goal.</p> <p>Develop teamwork skills.</p>
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