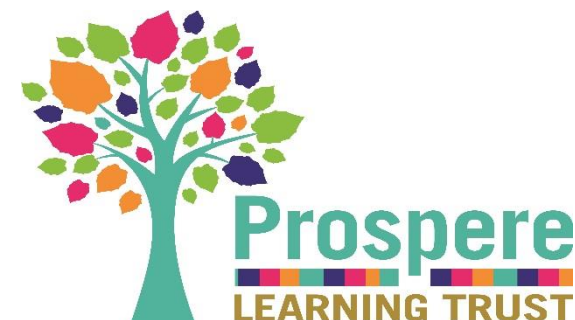


P.E. (GCSE)



The areas of development are:	Solutions
<u>P.E.</u>	
<ul style="list-style-type: none"> Physical, emotional and social health, fitness and well-being 	<ul style="list-style-type: none"> BBC Bitesize: Health and Well-being
<ul style="list-style-type: none"> Understanding the consequences of a sedentary lifestyle 	<ul style="list-style-type: none"> BBC Bitesize: Sedentary Lifestyles
<ul style="list-style-type: none"> Understanding good energy use, diet, nutrition and hydration 	<ul style="list-style-type: none"> BBC Bitesize: Diet and Nutrition
<ul style="list-style-type: none"> Being able to clarify skills (basic/complex, open/closed) 	<ul style="list-style-type: none"> BBC Bitesize: Classification of Skill
<ul style="list-style-type: none"> Understanding the use of goal setting and SMART targets to improve and/or optimise performance 	<ul style="list-style-type: none"> BBC Bitesize: Target Setting
<ul style="list-style-type: none"> Using guidance and feedback on a performance 	<ul style="list-style-type: none"> BBC Bitesize: Guidance BBC Bitesize: Feedback
<ul style="list-style-type: none"> Demonstrating mental preparation for a performance 	<ul style="list-style-type: none"> BBC Bitesize: Mental Preparation
<ul style="list-style-type: none"> Recognising engagement patterns of different social groups in physical activity and sport 	<ul style="list-style-type: none"> BBC Bitesize: Social Groupings
<ul style="list-style-type: none"> Understanding the commercialisation of physical activity and sport 	<ul style="list-style-type: none"> BBC Bitesize: Commercialisation
<ul style="list-style-type: none"> Recognising the ethical and socio-cultural issues in physical activity and sport using data 	<ul style="list-style-type: none"> BBC Bitesize: Ethical factors Reflect on classroom assessments and past papers
<ul style="list-style-type: none"> Demonstrating skills in a team sport and applying appropriate technique(s) 	<ul style="list-style-type: none"> BBC Bitesize: Practical Performance Edexcel: Practical Performance Guide
<ul style="list-style-type: none"> Analysing data gathered during the Personal Exercise Programme 	<ul style="list-style-type: none"> BBC Bitesize: Writing a Personal Exercise Programme (Page 2)
<ul style="list-style-type: none"> Evaluating results to show how their performance in their chosen activity has improved 	<ul style="list-style-type: none"> BBC Bitesize: Writing a Personal Exercise Programme (Page 2)

- Making recommendations for further improvements/optimisation to their performances

- BBC Bitesize: [Writing a Personal Exercise Programme](#) (Page 2)

[Return to Year 10 Solutions Homepage](#)