

Energy Systems – ATP – CP, Lactic and Aerobic systems, Energy continuum

The muscular, skeletal, respiratory and cardiovascular systems

The range of physical activities and the various roles that can contribute to a balanced, healthy lifestyle

The short-term effects of exercise, the long-term benefits of exercise on the Skeletal, Muscular, Cardio-Vascular and Respiratory systems as well as the benefits to a sense of well-being

Minimising risk to create a safe environment for adopting an active, healthy lifestyle

Fuel for Exercise: The

relationship between

exercise and weight

levels and effects on

health and performance

PHYSICAL INFLUENCES ON HEALTH, LIFESTYLE AND PERFORMANCE

Health – fitness – exercise continuum.

UNIT 1: Section B:

The physical, psychological, tactical and technical influences on health, fitness and well-being, lifestyle choices and performance

Click on your choice

PSYCHOLOGICAL INFLUENCES ON HEALTH, LIFESTYLE AND PERFORMANCE

Motivation as a means of achieving sustained involvement in physical activity and to follow an active, healthy lifestyle

> Adherence as a means of achieving sustained involvement in physical activity and to follow an active, healthy lifestyle

Goal setting, especially in relation to lifestyle choices leading to healthy, active participation in a wide range of physical activities and roles INFLUENCES ON HEALTH,
LIFESTYLE AND PERFORMANCE

TECHNICAL AND TACTICAL

Technological developments

The <u>learning process</u> in terms of <u>Feedback</u>, <u>Guidance</u>, Leadership and <u>Practice</u>

Types and characteristics of skill and skilled movement
Links between skill, ability technique and



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performance