

Subject	PE	
Week	Learning	Activities
Week beginning 8 th June	Balanced diet	Know how each element contributes to a healthy balanced diet.
	LO: To understand what consists of a healthy balanced diet.	You will be able to plan a healthy balanced diet.
	Watch the PowerPoint, completing the tasks on the assignment document.	You will be able to plan a healthy balanced diet in preparation for exercise.
Week beginning 15 th June	Nutrition during exercise	You will understand the certain factors of a diet which are important for fuelling your body during exercise.
	LO: To understand how to fuel your body during exercise.	You will know how to hydrate your body effectively during exercise.
	Watch the PowerPoint, completing the tasks on the assignment document.	You will understand what foods/substances are digested most effectively if needed during exercise.
Week beginning 22 nd June	Nutrition after exercise	You will understand the factors of a diet which aid recovery post exercise.
	LO: To understand how to fuel your body to aid recovery.	You will know how to fuel your body after exercise.
	Watch the PowerPoint, completing the tasks on the assignment document.	You will know how to fuel your body to aid recovery from a range of activities.
Week beginning 29 th June	Reasons for varying dietary requirements	You will understand how people fuel their bodies for exercise with specific dietary requirements.
	LO: To understand how different dietary requirements fuel their body for activity.	You will understand a range of dietary requirements and food substitutes for each element of a diet.
	Watch the PowerPoint, completing the tasks on the assignment document.	You will understand foods that are high in certain macros.
Week beginning 6 th July	Diet for aerobic/endurance activities	You will understand the important macros for endurance activities.
	LO: To understand how to fuel your body for endurance activities.	You will know how to apply this knowledge to a training programme for different aerobic activities.

	Watch the PowerPoint, completing the tasks on the assignment document.	You will be able to describe the pros and cons of certain diet types of aerobic activities.
Week beginning 13 th July	Diet for short, intense/anaerobic activities	You will understand the important macros for anaerobic activities.
	LO: To understand how to fuel your body for anaerobic activities.	You will know how to apply this knowledge to a training programme for different anaerobic activities.
	Watch the PowerPoint, completing the tasks on the assignment document.	You will be able to describe the pros and cons of certain diet types of anaerobic activities.