

Diet

Can you name the 7 nutrients that make a balanced diet?

EBI - and explain the role of each and % for a balanced diet

Skill Classification

Can you name the 4 skill continuums?

EBI - and define each giving an example?

Consequences of a Sedentary Lifestyle

Can you name the consequences of a sedentary lifestyle?

Somatotypes

Can you name the different somatotypes?

EBI – characteristics of each and what sport are they suited towards?

GCSE PE

Paper 2

Bread & Butter



Factors affecting Participation

Can you name factors that affect participation?

Feedback

Can you name the 6 types of feedback?

EBI - define them and give an example?

Performance Enhancing Drugs

Can you name the 7 performance enhancing drugs?

EBI – what do they do and who would use each?