

1.1.1 Healthy, active lifestyles and how they could benefit you	<p>Explain what constitutes a healthy, active lifestyle</p> <p>Classify the benefits of a healthy, active lifestyle as social, physical or mental</p> <p>Describe the positive effects of physical activity</p> <p>Explain how participation in physical activity can stimulate co-operation, competition, physical challenge, aesthetic appreciation and social mixing</p>
1.1.2 Influences on your healthy active lifestyle	<p>Identify key influences on you and others in achieving sustained involvement in physical activity</p> <p>Explain the opportunities available and qualities needed to become or remain involved in physical activity in a range of roles</p> <p>Explain the sports participation pyramid with regard to the foundation, participation, performance and elite stages</p> <p>Describe initiatives developed to provide opportunities to become, or remain, involved in physical activity</p>
1.1.3 Exercise and fitness as part of your healthy, active lifestyle	<p>Explain the terms health, fitness and exercise and know how they relate to a balanced healthy lifestyle and performance in physical activities</p> <p>Know about the components of health-related exercise and relate these to physical activity, identifying the relative importance of these to different physical activities</p> <p>Know about the components of skill-related fitness and relate these to physical activity, identifying the relative importance of these to different physical activities</p>
as part of your healthy, active lifestyle	<p>Assess personal readiness (PAR-Q)</p> <p>Assess fitness levels for use in a Personal Exercise Programme</p> <p>Describe, explain and apply the principles of progressive overload; specificity; individual differences/needs; rest and recovery</p> <p>Explain the components of the FITT principle, noting overlap with other principles of training and how application can lead to improved performance</p> <p>Explain the term 'reversibility', why it might occur and its impact on performance</p> <p>Explain the value of goal setting in terms of planning, developing and maintaining regular involvement in healthy physical activity</p> <p>Describe, explain and apply the principles of setting SMART targets</p> <p>Describe a range of methods of training and explain how these can bring about improved health and fitness, and their relationships with the components of fitness</p>

1.1.4 Physical activity & fitness	Link methods of training to specific physical activities based on the associated health-related exercise and skill-related fitness requirements
	Plan and present examples from typical training sessions to match the fitness requirements of selected physical activities or individuals
	Understand the exercise session and the purpose of each component
	Explain the use of the principles of training within a training programme, showing how they may be applied in planning to improve health and skill-related fitness as part of a healthy lifestyle
	Link methods of training to aerobic and anaerobic activity
	Understand what is meant by resting heart rate, working heart rate and recovery rates, plot examples on a graph and evaluate results
	Use graphs to demonstrate and explain the use of target zones and training thresholds
1.1.5 Your personal health and wellbeing	Understand the link between exercise diet, work and rest and their influence on personal health and wellbeing
	Explain the requirements of a balanced diet
	Explain the importance and uses of macro and micro nutrients, carbohydrates, proteins, fats, vitamins, minerals, water and fibre in maintaining a healthy active lifestyle
	Explain the need to consider the timing of dietary intake when performing due to the redistribution of blood flow during exercise
1.2.1 Physical activity and your healthy mind and body	Describe the different body types and explain the effect of each on participation and performance
	Outline why and how expected and optimum weight varies according to height, gender, bone structure and muscle girth; explain how this may affect participation and performance in physical activity
	Explain the terms anorexic, obese, overfat, overweight, underweight; explain how they may impact on achieving a sustained involvement in physical activity
	Explain the effects of smoking and alcohol on general health and on physical activity
	Know about different categories of drugs and the effects they may have on health, wellbeing and physical performance and why some performers might risk using them
	Identify risks associated with participation physical activities, and explain how to reduce these risks to better maintain wellbeing
1.2.2 Your active lifestyle and cardiovascular system	Understand the immediate and short-term effects of exercise and physical activity on the cardiovascular system
	Understand the long-term effects of regular exercise and physical activity on the cardiovascular system

1.2.2 A healthy, active lifestyle and your cardiovascular system	Understand the impact of rest on the cardiovascular system
	Understand the impact of diet on the cardiovascular system
	Understand the impact of recreational drugs on the cardiovascular system
1.2.3 A healthy, active lifestyle and your respiratory system	Understand the immediate and short-term effects on the respiratory system of participation in exercise and physical activity
	Understand the long-term effects of regular exercise and physical activity on the respiratory system
	Understand the impact of recreational drugs on the respiratory system
1.2.4 A healthy, active lifestyle and your muscular system	Understand the role of the muscular system during physical activity and how the major muscle groups benefit from particular types of physical activity
	Understand the role of muscles in movement
	Understand the immediate and short-term effects on the muscular system of participation in exercise and physical activity
	Understand the long-term effects of regular exercise and physical activity on the muscular system
	Understand the potential for muscle injuries through exercise and physical activity and know common techniques for treatment
	Understand the impact of rest on the muscular system
	Understand the impact of diet on the muscular system
	Understand the impact of performance enhancing drugs on the muscular system
1.2.5 A healthy, active lifestyle and your skeletal system	Understand the function of the skeletal system for movement, support or protection during physical activity
	Understand the ranges of movement at joints during physical activity
	Understand the effects of regular exercise and physical activity on the skeletal system
	Understand the importance of weight-bearing exercise to prevent osteoporosis
	Understand the potential for skeletal injuries through exercise and physical activity and know common techniques for treatment
	Understand the impact of diet on the skeletal system