

Welcome to the PE Therapies. Please follow the links in the Therapy section below to access the resources.

The areas for development are:	Therapy:
<ul style="list-style-type: none"> physical, emotional and social health, fitness and well-being 	<ul style="list-style-type: none"> BBC Bitesize Website: 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 Website: Sedentary Lifestyles
<ul style="list-style-type: none"> understanding good energy use, diet, nutrition and hydration 	<ul style="list-style-type: none"> BBC Bitesize Website: 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 Website: 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 Website: Target Setting
<ul style="list-style-type: none"> using guidance and feedback on a performance 	<ul style="list-style-type: none"> BBC Bitesize Website: Guidance BBC Bitesize Website: Feedback
<ul style="list-style-type: none"> demonstrating mental preparation for a performance 	<ul style="list-style-type: none"> BBC Bitesize Website: 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 Website: Social Groupings
<ul style="list-style-type: none"> understanding the commercialisation of physical activity and sport 	<ul style="list-style-type: none"> BBC Bitesize Website: Commercialisation
<ul style="list-style-type: none"> recognising the ethical and socio-cultural issues in physical activity and sport 	<ul style="list-style-type: none"> BBC Bitesize Website: Ethical Factors
<ul style="list-style-type: none"> using data 	<ul style="list-style-type: none"> 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 Website: Practical Performance Edexcel Website: Practical Performance Guide
<ul style="list-style-type: none"> analysing data gathered during the Personal Exercise Program 	<ul style="list-style-type: none"> BBC Bitesize Website: 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 Website: Writing a Personal Exercise Programme (Page 2)
<ul style="list-style-type: none"> making recommendations for further improvements/optimisation to their performance 	<ul style="list-style-type: none"> BBC Bitesize Website: Writing a Personal Exercise Programme (Page 2)