



<p>Work booklet – Health, Fitness and Well-being To understand Physical, emotional and social health, fitness and well-being</p> <p>Specification 1.1.1 – 1.1.7</p>	<p>Classification of skills (basic/ complex, open/closed)</p> <p>The use of goal setting and SMART targets to improve and/or optimise performance</p> <p>Guidance and feedback on performance</p> <p>Specification 2.1.1 – 2.4.1</p>	<p>Applying knowledge and understanding of a topic</p> <p>AO3 Analysing and Evaluating</p> <p>Re-visit SMART target from HT6 (Year 10)</p> <p>Re-visit component one via revision plan</p> <p>Key Concepts</p> <p>Health and performance</p> <p>Pupils to sit component one examination and work completed so far from component two in school mock examinations.</p>						<p>Cross curricular links</p> <p>Maths, Science, RE, CPSHCE, Food and Nutrition.</p>
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