

**Physical Education – Cambridge Technicals Sport & Physical Activity**

**Year 12 Preparation Task**

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| **Key Info:****Your journey starts here with Unit 11 and Unit 12!****You will be working on coursework until October half term. After this, you will be working to a January 2024 exam in both Unit 1 and Unit 4.****This is your opportunity to get the jump on the coursework!**  |
| **Week beginning:**  | **Expected completion time:**  |
| **Activities to be completed** | **Location of resources** | **Additional resources/support** |
| **Unit 11 Research Task** **LO1 – Know about the provision of physical activity for specific groups**1. Research the specific groups outlined in the table.
2. Complete the table below using the following guidance:
* State how and why each group have been identified as such
* Find local and national campaigns to support specific groups
* Find out what provision is available to support and facilitate regular participation for the specific groups

There is an example in the table below to get you started! **Unit 12 Nutrition Research****LO1 – Understand the principles and importance of a balanced diet**1. **State** the meaning of a balanced diet.
2. **Research** and **describe** why it is important to have a balanced diet. Make sure you include:- Weight control- Chronic diseases- Health and wellbeing
3. **Research** the following:
* Macronutrients
* Micronutrients
* Water
1. **State** what each of the above are, and **describe** them, giving examples of each.
 | BBC BitesizeGCSE / Sports Science notebooksUnit 11: [Targeted Interventions - Youth Sport Trust](https://www.youthsporttrust.org/programmes/targeted-interventions)Unit 12:[Macronutrients vs. Micronutrients (With Examples) | BodyBio](https://bodybio.co.uk/blogs/blog/macronutrients-vs-micronutrients) |  |
| **Work to be submitted:**Unit 11 – Bring a printed copy of the table and be prepared to answer questions during the first lesson. You will need these notes to help you write the first task. Unit 12 - Bring notes made from the above activities and be prepared to answer questions in lessons. You will need these notes to help you write the first task!  |