

**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 Bitesize  GCSE / Sports Science notebooks  Unit 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! | | |