

## The Friary School ~ Year 13 B Tec Sport Summer Project

You will be continuing B Tec Sport in September, in preparation for this, we would like you to complete an activity which will lend itself to some of the knowledge and theory you will need to understand the course.

### **Activity 2 - linked to unit 2: Fitness Training and Programming for Health, Sport and Wellbeing**

**Scenario** ~ You are preparing for a talk where you will be advising clients who have a sedentary lifestyle of what the benefits are of a balanced and healthy lifestyle.

**We need you to:** create a pack of information that you would provide to these clients on the different aspects to ensure they can have a healthy balanced lifestyle. Some of the aspects you will need to include are:

- ~ What makes a healthy balanced diet?
- ~ Why do we need to eat the foods recommended?
- ~ How can poor eating habits affect health and well-being?
- ~ What role does exercise play in a balanced lifestyle and what is recommended?
- ~ What other aspects can affect a healthy lifestyle?
- ~ Where and why is information so readily available to the public? What is the government's agenda with obesity and how does this impact the NHS?

**Success criteria is based on:**

**Pass** ~ **describe** what makes up a balanced diet and other aspects that can affect a healthy lifestyle

**Merit** ~ **describe** what makes up a balanced diet and other aspects that can affect a healthy lifestyle and **explain** the impact that these other aspects can have on a healthy active lifestyle. Also **explain** the impact exercise can have on a lifestyle.

**Distinction** ~ **describe** what makes up a balanced diet and other aspects that can affect a healthy lifestyle and **explain** the impact that these other aspects can have on a healthy active lifestyle. **Explain** the impact exercise can have on a lifestyle and **analyse** the effects of other factors that can affect a healthy lifestyle and discuss how an individual could improve their lifestyle choices.

**Challenge element** ~ discuss why the government is so keen to encourage healthy active lifestyles. What impact does this have on them and society?

***Hand in date*** ~ all work is to be handed in on the first PE lesson back in September