

Deyes High School Remote Learning



DEYES
HIGH
SCHOOL
LYDIATE
LEARNING TRUST

**Yr. 11
Cam Nat
PE**

Engage, Enable and Empower

Work for individual students not attending school

Half Term 2: October to December

Pupils who are absent should select the activity that they are up to. Click on the link in the activity box below. This will take you to Office 365, OneNote or TEAMS where the work is stored. In the lesson it will tell the pupil if they need to submit the work to their teacher or complete it on their designated homework page on their OneNote for R042.

Lessons



Date (week commencing)	Lessons	Focus/Topic/Theme	Hyper link to Activity
2/11/20	1,2	R045 L03 Malnutrition The effects of overeating on sports performance and participation,	One Note resources for R042 catch up. https://deyes-my.sharepoint.com/personal/j_mcevoy_deyeshigh_co_uk/_layouts/OneNote.aspx?id=%2Fpersonal%2Fj_mcevoy_deyeshigh_co_uk%2FDocuments%2FClass%20Notebooks%2FJMC%20Cam%20Nat%20PE%202019-21
9/11/20	3,4,5	R045 L03 The effects of under eating on sports performance and participation The effects of dehydration on sports performance and participation	
16/11/20	6,7	R045 L04 How to design a diet plan	Teams resources https://www.deyeshigh.co.uk/knowledge-organisers/
23/11/20	8, 9,10	R045 L04 How to design a diet plan	
30/11/20	11,12,	R045 L04 How to evaluate the effectiveness of the diet plan,	
7/12/20	13,14, 15	R044 L01 What is personality Personality theories	
14/12/20	16,17	R044 L02 Motivation	

Overeating
Consuming more than the body needs for energy, leading to weight gain and often obesity. It may be related to an eating disorder.

The effects of overeating on sports performance and participation

- Your fitness will deteriorate (eg. flexibility, agility and stamina will decrease)
- You have a higher risk of becoming injured about participating
- You can develop a range of diseases (eg. high blood pressure, arthritis) which prevent you from participating in certain activities
- Eating high amounts of carbohydrates before participating in a sporting activity can make you feel sick during participation

Malnutrition
A condition which results from an unbalanced diet in which some nutrients are lacking, missing, taken in excess or taken in the wrong proportion.

Under-eating
A regular energy imbalance that results when energy intake is less than energy that is expended. This regular energy imbalance can occur as a consequence of food restriction (e.g., dieting, bulimic purging) or as a result of inadequate energy intake (e.g., inadequate energy intake due to an eating disorder).

The effects of under-eating on sports performance and participation

- You will have less energy (eg. not taking in enough carbohydrates and protein)
- Your muscles and bones weaken, increasing the risk of injury
- You may develop an eating disorder (eg. Anorexia) and train too hard leading to injury and/or illness
- You may develop an illness which prevents you from participating (eg. kidney, infections)

Dehydration
A condition caused by the excessive loss of water from the body, which causes a rise in blood sodium levels. Some dehydration is most often caused by excessive sweating, vomiting, or diarrhea, either due to usually uncontrolled or a deficiency of electrolytes. If untreated, severe dehydration can lead to shock.

The effects of dehydration on sports performance and participation

- You can overheat leading to heatstroke
- Your concentration becomes impaired
- You will lose more quality
- You become ill during participation (eg. vomiting)

Who to contact

You can email **your class teacher** if you have any questions regarding the activities set.

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Knowledge Organiser

All knowledge organisers are accessible on the OneNote link above