

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 3: January to February

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
4/01/21		R045 & R042 preparation for the exam board.	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 Teams resources https://www.deyeshigh.co.uk/knowledge-organisers/
11/01/21		R044 L01 What is personality Personality theories	
18/01/21		R044 L01 What is personality Personality theories	
25/01/21		R044 L01 What is personality Personality theories	
1/02/21		R044 L02 Motivation	
8/02/21		R044 L02 Motivation	

Overtraining
Overtraining is the excessive load consumed in relation to the energy that an organism expends, leading to weight gaining and often obesity. It may be regarded as an eating disorder.

The effects of overtraining on sports performance and participation

- Your fitness will deteriorate (eg. flexibility, agility and endurance will decrease)
- You lose confidence and become nervous about participating
- You can develop a range of stressors (eg. high blood pressure, arthritis) which prevent you from participating in certain activities
- Getting high amounts of rest before participating in a sporting activity can make you feel safe during participation

Undertraining
A negative energy imbalance that results when energy intake is less than energy that is expended. This negative energy imbalance can occur as a consequence of undernutrition (e.g., anorexia, bulimic conditions) (e.g., World Health, in partnership with the IOC, 2018).

The effects of undertraining on sports performance and participation

- You will have less energy (eg. not taking in enough carbohydrates and less quality)
- Your muscles and bones weaken, increasing the risk of injury
- Your concentration becomes impaired
- 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
An condition caused by the excessive loss of water from the body, which causes a rise in blood sodium levels. Your **dehydration** is most often caused by excessive sweating, vomiting, or diarrhea, under this is usually accompanied by 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