

CAPD PHYSICAL EDUCATION KS3

CURRENT AFFAIRS & PERSONAL DEVELOPMENT

YEAR 7 CAPD FOCUS

YEAR 8 CAPD FOCUS

YEAR 9 CAPD FOCUS

TERM 1
AUTUMN TERM
HALF TERM 1

PERSONAL HYGIENES

Personal hygiene is how you care for your body. This practice includes bathing, washing hands, brushing your teeth, and more. Every day, you come into contact with millions of outside germs. They can linger on your body, and in some cases, they may make you sick. They can also help you feel good about your appearance.

TERM 1
AUTUMN TERM
HALF TERM 1

HEALTHY EATING

Healthy eating is about having a balance of different foods and nutrients in the diet for good health and wellbeing. Following a healthy diet has many benefits, including building strong bones, protecting the heart, preventing disease, giving us energy and boosting mood.

TERM 1
AUTUMN TERM
HALF TERM 1

EATING DISORDERS

An eating disorder is a mental health condition where you use the control of food to cope with feelings and other situations. Unhealthy eating behaviours may include eating too much or too little or worrying about your weight or body shape.

24/7 SMS: Text SHOUT to 85258

TERM 1
AUTUMN TERM
HALF TERM 2

IMPORTANCE OF EXERCISE

Regular physical activity is one of the most important things you can do for your health. Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities.

TERM 1
AUTUMN TERM
HALF TERM 2

HYDRATION

Your body depends on water to survive. Every cell, tissue, and organ in your body needs water to work properly. For example, your body uses water to maintain its temperature, remove waste, and lubricate your joints. Good hydration is important for overall good health.

TERM 1
AUTUMN TERM
HALF TERM 2

BODY DYSMORPHIA

Body dysmorphic disorder is a mental health condition in which you can't stop thinking about one or more perceived defects or flaws in your appearance - a flaw that appears minor or can't be seen by others. But you may feel so embarrassed, ashamed and anxious that you may avoid many social situations.

TERM 2
SPRING TERM
HALF TERM 1

SPORTING BEHAVIOUR

Anyone taking part in sport must take personal responsibility and behave in a certain way which is fully compliant with the rules and the expected behaviours of the sport. This is known as sportsmanship. Sport also has unwritten rules or customs to uphold respect and fairness.

TERM 2
SPRING TERM
HALF TERM 1

PHYSICAL, SOCIAL, EMOTIONAL BENEFITS OF PHYSICAL ACTIVITY

Physical Health: Supports your body's ability to function normally. Mental Health: Supports your ability to manage thoughts, emotions, and behaviours. Social Health: Our relationships and how we communicate with those around us. Physical activity can benefit each of these areas to improve our well-being and quality of life.

TERM 2
SPRING TERM
HALF TERM 1

VALUE OF TEAMWORK

Collaboration in problem-solving leads to better outcomes. People are more likely to take calculated risks that lead to innovation if they have the support of a team behind them. Working in a team encourages personal growth, increases job satisfaction, and reduces stress.

TERM 2
SPRING TERM
HALF TERM 2

HOW TO GET INTO A SPORT?

Sport is great. Playing sport can help you to stay fit and healthy. It can be a great way to burn off negative energy, improve your mood, and boost your mental health. There are countless benefits to regular exercise, and it can be a fantastic way to meet new people.

www.sportsinbolton.com

TERM 2
SPRING TERM
HALF TERM 2

CONSEQUENCES OF BEING PHYSICALLY INACTIVE

Not getting enough physical activity can lead to heart disease, even for people who have no other risk factors. It can also increase the likelihood of developing other heart disease risk factors, including obesity, high blood pressure, high blood cholesterol, and type 2 diabetes.

TERM 2
SPRING TERM
HALF TERM 2

MENSTRUAL CYCLE

Understanding menstruation and the impact it can have on physical activity. The menstrual cycle is a series of natural changes in hormone production. It is characterised by the rise and fall of hormones. Menstruation is triggered by falling progesterone levels and is a sign that pregnancy has not occurred.

TERM 3
SUMMER TERM
HALF TERM 1

MENTAL HEALTH & WELL-BEING

Physical activity has a huge potential to enhance our well-being. Even a 10 minute short burst of brisk walking increases our mental alertness, energy and positive mood. Participation in regular physical activity can increase our self-esteem and can reduce stress and anxiety.

TERM 3
SUMMER TERM
HALF TERM 1

SPORT AND THE MEDIA

The media can have both a positive and negative effect on sport. Consider the inspiring images from the Paralympic Games and how they change people's perception of people with disabilities in our society. Compare that to the media coverage of athletes who are perceived to have 'failed' in some way.

TERM 3
SUMMER TERM
HALF TERM 1

DRUGS IN SPORT

Simply put, performance enhancing drugs have the ability or potential to drastically alter the human body and biological functions, including the ability to considerably improve athletic performance in certain instances. These drugs, however, can be extremely dangerous and, in certain situations, deadly.

TERM 3
SUMMER TERM
HALF TERM 2

POSITIVE AND HEALTHY RELATIONSHIPS

Healthy relationships involve honesty, trust, respect and open communication between partners and they take effort and compromise from both people. Partners respect each other's independence, can make their own decisions without fear of retribution or retaliation, and share decisions.

TERM 3
SUMMER TERM
HALF TERM 2

PREJUDICE IN SPORT

In sport, discrimination could include refusing to allow you to play sport because of your sexual orientation or gender. Other examples such as excluding someone from a sporting activity because of a disability. The treatment of a person less favourably, on the basis of an attribute of that person.

TERM 3
SUMMER TERM
HALF TERM 2

NUTRITION & ENERGY USE

Good nutrition can enhance sporting performance. A well-planned, nutritious diet should meet most of an athlete's vitamin and mineral needs, and provide enough protein to promote muscle growth and repair. Foods rich in unrefined carbohydrates, like wholegrain breads and cereals, should form the basis of the diet.