**Bridging Material in Physical Education**

Uncovered Curriculum Aspects

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| **Title**  | **Material**  |
| 1. The characteristics of skilful movement
 | All material for the subtopics missed will be uploaded to your GCSEPE Team. There will be a:-Knowledge organiser -Lesson PP-Sampled tasks for you to complete  |
| 1. Mental preparation techniques
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| 1. Types of guidance and feedback
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| 1. Health fitness and well-being
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| 1. Consequences of a sedentary lifestyle
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| 1. Diet and nutrition
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Useful Websites

<https://www.bbc.co.uk/bitesize/examspecs/ztrcg82>

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>