**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 |
| 1. Types of guidance and feedback |
| 1. Health fitness and well-being |
| 1. Consequences of a sedentary lifestyle |
| 1. Diet and nutrition |

Useful Websites

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

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