**BTEC PE: What do I need to do?**

Here is an instruction sheet on what worksheets to use for which task and when.

For some of the helpsheets you may need to zoom in to see the writing more clearly. This can be done by going to the bottom right hand side of the word document (where you should see 100%) and moving the cursor further up the towards the plus symbol.

**Week 1:** Use the week 1 workbook/ help book to complete the week 1 worksheet on the components of fitness recap

**Week 2:** Complete Week 2 – How to interpret data worksheets

**Week 3:** Complete Week 3 – How to improve muscular endurance worksheet (Remember to try and explain the importance of something as opposed to describing things)

**Week 4:** Use Week 4 Help sheet to Complete Week 4 – Advantages and Disadvantages of Methods of Training – (Use the help sheet to **EXPLAIN** the importance each of your points)

**Week 5:** Read the Week 5 Help sheet. Then use this Week 5 Helpsheet to work through the Week 5 – FITT Principles Worksheet.

**Week 6:** Read the Week 6 Help sheet. Then use this Week 6 Helpsheet to work through the Week 6 – Principles of Training Worksheet

**Week 7:** Read the week 7 Help sheet. Then use this Week 7 Helpsheet to work through the Week 7 – Understanding a fitness or training programme worksheet

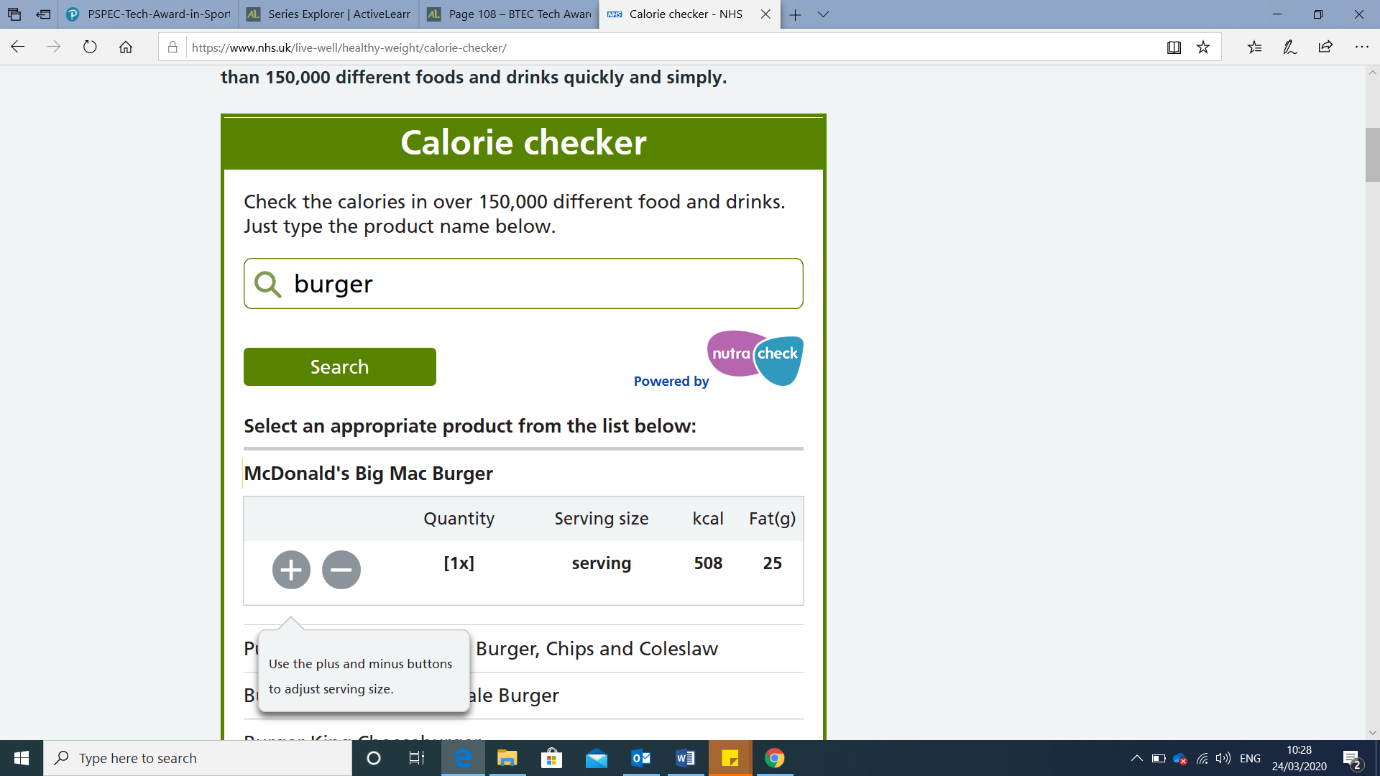
Also to complete the Exam titled “Exam for Understanding Training Methods and Training Programmes”

Once the exam has been completed then use the mark scheme to mark the exam – the Mark scheme is title “Mark Scheme for Understanding Training Methods and Training Programmes”

**Week 8:** **Diet Diary -** Using the following website <https://www.nhs.uk/live-well/healthy-weight/calorie-checker/> Keep a record of the calories you eat from Monday to Friday. You can use the website for a range of foods. If your particular food isn’t available on the website, then use a suitable alternative on the website.

If you are a male you are aiming for………………… calories a day.

If you are a female you are aiming for ………………………..calories a day.

This means you may need to start weighing your food. If your parent makes a big meal for everyone then ask them to record how much of the food they put in at the start e.g. 500g of pasta, but that’s for 4 people then divide 500g by 4 = 125g for your portion.

* You are looking for the Kcal number for calories.
* So once you have click on the link, you will type in the meal or item you had.
* It will produce a long list of things you may mean and then you select the one that applies to you and then record the kcal figure for calories in your table below.

EXAMPLE:

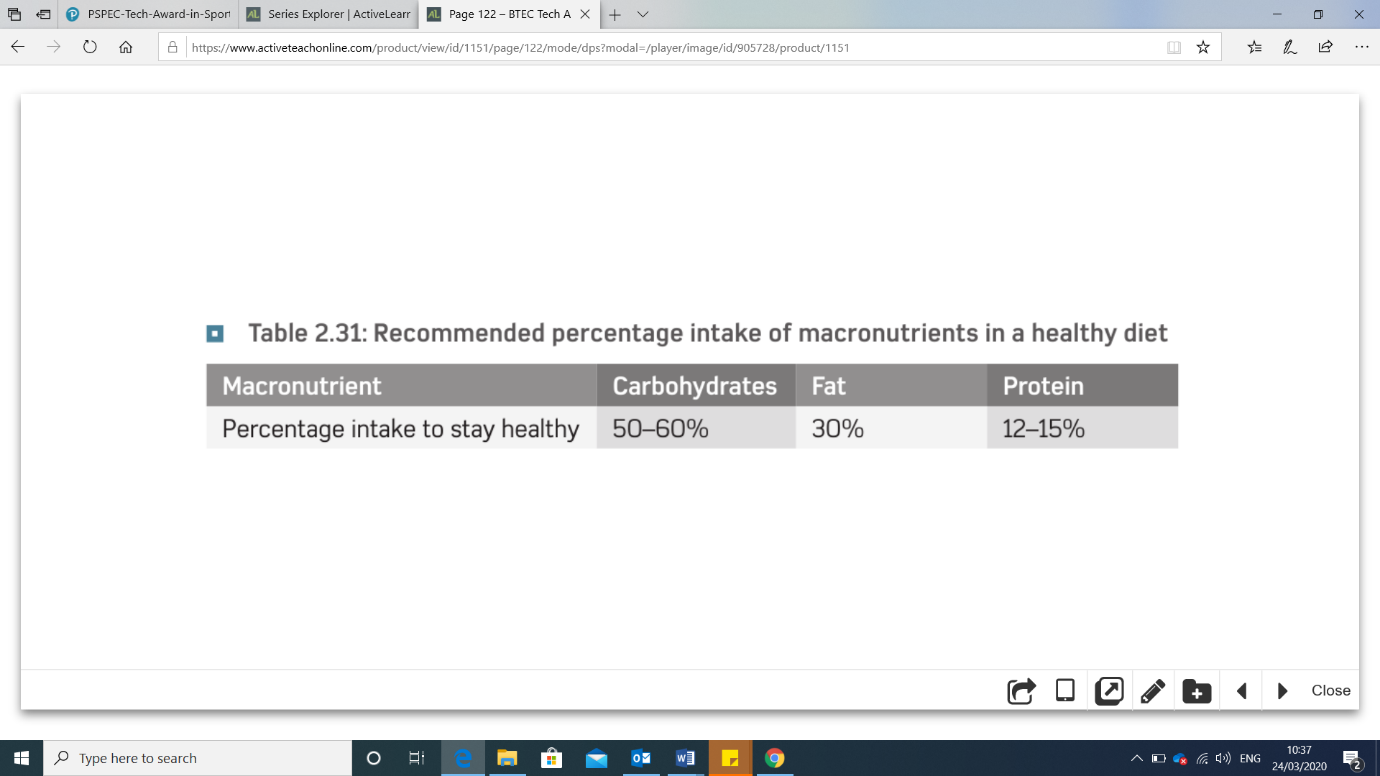
|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** | Porridge 30g = 114 calories | Porridge 30g = 114 calories | Fairtrade banana = 108 calories | Porridge 30g and prunes 45g (5) = (114 + 70) 184 calories | McDonalds Bacon Roll = 323 calories |

Week 8 Diet diary

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Breakfast** |  |  |  |  |  |
| **Lunch** |  |  |  |  |  |
| **Dinner** |  |  |  |  |  |
| **Snacks** |  |  |  |  |  |
| **Drinks** |  |  |  |  |  |
| **Total** |  |  |  |  |  |

**Week 9:** Making a healthy meal – You should know the 3 groups of the macronutrients. These percentages are what is advised for us to have in order to healthy diet. I want you to make a meal either a lunch or dinner that has the percentages of macronutrients in the meal.

\*Remember try to use unsaturated fats in the dinner as opposed to saturated fats



|  |  |  |  |
| --- | --- | --- | --- |
| **Macronutrient:** | Carbohydrates | Fats | Protein |
| **Food Options:** | Rice, Pasta, Bread, Potatoes. | Unsaturated fats - Oily fish (salmon), almonds, walnuts, avocadoes.  Saturated fats – dairy products, animal fats (processed meats like pepperoni) | Chicken, turkey, fish, lean beef, Quorn, nuts and seeds. |

**Challenge** – make your own carbohydrates i.e. pasta (using the following link, but you only need flour and water) – watch from 16 mins onwards - <https://www.youtube.com/watch?v=p3Efqu0xriY>

**Week 10:** Read the Week 10 Help sheet. Then use this Week 10 Helpsheet to work through **BOTH** Week 10 – Vitamins and Week 10 - Minerals

**Week 10:** Read through the Week 10 Help sheet. Then use this Week 10 Helpsheet to work through the Week 10 – Hydration worksheet.

**Week 11:** Complete the Week 11 – Improving nutrition for sport and activity worksheet.

**Week 12:** Complete the Exam titled “Exam for Diet and Nutrition”

And then once completed use the Mark scheme titled “MARK SCHEME for Diet and Nutrition” to mark the exam paper.