

Year 10 GCSE Keywords:

Autumn

Health, fitness and well-being

| Keyword | Definition |
|----------------------------|---|
| Fitness | The ability to meet the physical demands placed on you by the environment |
| Healthy Lifestyle | A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity |
| Well-being | A feeling or mental state of being content, happy, prosperous and healthy. |
| Sedentary Lifestyle | A lifestyle that involves little or no exercise and a lot of sitting down |
| Balanced Diet | Energy intake is equal to energy to output. |
| Hydration | Having enough water intake to enable normal bodily functions. |

Sports Psychology

| Keyword | Definition |
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| Motor skill | A voluntary movement made by the body or a learnt movement response |
| Difficulty continuum | A classification scale to rate how simple or complex a skill is |
| Environmental continuum | A classification scale to rate how open/closed a skill is |
| Kinaesthesia | The awareness or feeling a performer gets through movement |
| Knowledge of results | Feedback about the end result of an action |
| Knowledge of performance | Feedback about how well a movement is executed |