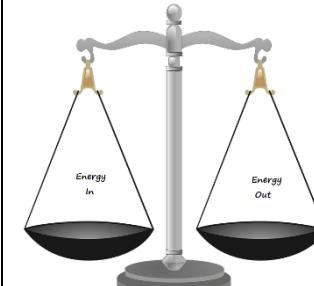


## Year 8 Cycle 2 Sport and PE Knowledge Organiser

Week 1 and 2	Week 3 and 4	Week 5 and 6	Week 7 and 8	Week 9 and 10	Week 11 & 12
Macro Nutrients	Balanced Diet	Balanced Diet	Hydration	Applying to sport	Sedentary Lifestyle
<b>A balanced diet should include:</b> <ul style="list-style-type: none"> <li>• 55-60% carbohydrates</li> <li>• 25-30% fat</li> <li>• 15-20% protein</li> </ul> <b>Carbohydrates</b> Main energy source. Includes bread, pasta and potatoes.	A balanced diet is eating the right number of <b>calories</b> to deal with the energy that will be needed to complete everyday tasks and exercise.  It also means eating different food types to provide suitable nutrients, vitamins and minerals.	The average adult male requires <b>2500 kcal/day</b> and the average adult female requires <b>2000 kcal/day</b> . The figures are dependent on; age, gender, height, energy expenditure and basal metabolic rate (BMR). <b>Foods that benefit the body</b>  <b>High fibre</b> cereals and whole grains provide fibre – prevents constipation and reduces cholesterol. Milk, cheese and dairy products provide <b>calcium</b> – good for nerve and muscle function, teeth and bone growth. <b>Iron rich foods</b> such as spinach and liver – help the immune system and production of red blood cells. Oily fish, eggs and butter – provide <b>vitamin D</b> to help bones. Citrus fruits and broccoli – provide <b>vitamin C</b> and aid the immune system, skin elasticity and blood vessel function.	Water makes up more than half of the human body. We must maintain <b>hydration</b> levels to assist bodily functions. How much you drink depends on: <ul style="list-style-type: none"> <li>• The environment</li> <li>• The temperature</li> <li>• Exercise levels</li> </ul>	Our <b>Diet and Hydration</b> levels will vary depending on how active we are.  This can be referred to as <b>Energy balance</b> . The aim for most people to maintain a healthy body is to consume the same number of calories as you use.	A <b>sedentary</b> lifestyle is when there is very limited or no physical activity in a person's lifestyle.  More people are leading sedentary lifestyles due to advances in <b>technology</b> .  Instead of walking or cycling to places people are driven or take public transport. Individuals spend more time sitting & using computers.  It is reported in the UK people spend 9 hours a day sat down. Standing instead of sitting is a way to combat this.
<b>Fat</b> Energy source and helps carry vitamins around the body. Avocado, nuts, butters	A truly <b>balanced diet</b> contains lots of different food types and a mixture of carbohydrates, protein and fat from a variety of sources.	You should aim to eat 5 portions of fruit and vegetables each day.			<b>Dehydration</b> has some harmful effects: <ul style="list-style-type: none"> <li>• Blood thickens</li> <li>• Heart rate increases</li> <li>• Reaction time gets slower</li> </ul>
<b>Protein</b> Used for growth and repair of body: Milk, Eggs, Fish, Meat, Nuts, Seeds				How would you <b>vary</b> your intake of Carbohydrates, Fats, Protein and Water if you did the following activities? <ul style="list-style-type: none"> <li>• A rugby match</li> <li>• A netball match</li> <li>• A marathon</li> <li>• Horse riding</li> </ul>	<b>What could the impact of a sedentary lifestyle be?</b>

