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| --- | --- | --- | --- |
| **Learning outcome** | **I understand this** | **I can recall this** | **I need to revisit this** |
| **I know what stress is, eustress and stress.** |  |  |  |
| I know what the physical responses to stress are. I know the short and long term physical responses to stress. (143) |  |  |  |
| I know the types of legal supplements (160) |  |  |  |
| I know examples of performance enhancing drugs. (159) |  |  |  |
| I know the advantages and disadvantages of taking supplements. (legal) 161) |  |  |  |
| I know some reasons for performers taking banned substances. (163) |  |  |  |
| I know the consequences and strategies of taking banned substances. (166) |  |  |  |
| I know the causes of violence in sport for fans and players. |  |  |  |
| I know the implications of violence in sport, for the participant and the sport. |  |  |  |
| I know what the impact of gambling has had on sport. |  |  |  |
| I have examples of matches that have been fixed, |  |  |  |

* Prepare to complete your EAPI **(MON)**
* Complete notes and worksheet on ASH PE site about drugs **(TUE/WED)** Access PowerPoint 1 and 2 on ASH PE site, use the worksheet to access the relevant videos.
* Make notes on violence and Gambling **(THUR/FRI)**