

The E-I-O method

for PE students

When you think about how to move, be healthy or perform well in physical activity, always consider the **impact** and **outcome** of what you're doing.

This will help you make well rounded examples in PE:

Example + **Impact** + **Outcome** = AO2 ✓

? Explain why a basketball player needs agility.

EXAMPLE

Agility is important when dribbling in basketball....

IMPACT

...so a player can move around and beyond defenders with control...

OUTCOME

...so that they find open space in order to take an unopposed shot.

? Explain why PE students need to eat protein.

EXAMPLE

Eating/drinking protein for lunch after a PE lesson...

IMPACT

...so that I can recover faster and my muscles adapt...

OUTCOME

...so that I can move consistently in my very next PE lesson.

