



G.C.S.E

PHYSICAL EDUCATION

HOMEWORK

TOPIC: 1.1.1

HEALTHY ACTIVE LIFESTYLE AND HOW THEY COULD BENEFIT YOU

MARK	%	GRADE	IL
/ 33			
COMMENTS:			

A*	A	B	C	D	E	F	G	U
90%	80%	70%	60%	50%	40%	30%	20%	10%

NAME: _____

GCSE PE TEACHER: _____

2. (a) Miss Smith teaches Physical Education (PE). Through her teaching she helps her pupils develop an aesthetic appreciation of movement. Explain the term 'aesthetic appreciation'.

.....
.....

(1)

- (b) In PE theory lessons, Miss Smith explains the reasons for taking part in physical activity. Complete the table below by identifying a

- (i) social benefit of exercise
(ii) physical benefit of exercise
(iii) mental benefit of exercise.

for someone still at school **and** someone who is at work.

Give a different example of each type of benefit for each person.

Type of benefit	Benefit for someone at school	Benefit for someone at work
(i) SOCIAL		
(ii) PHYSICAL		
(iii) MENTAL		

(6)

(Total 7 marks)

15. Owais and his friend Melvin are 15 and are choosing their practical options for their GCSE Physical Education examination. Owais selects gymnastics as one of his activities, whilst Melvin selects rock climbing. Both boys enjoy the physical challenge of their activities.

(a) (i) Explain the term 'physical challenge'.

.....

.....

(1)

(ii) Give an example of an activity (other than gymnastics or rock climbing) that could also provide a physical challenge for the performer.

.....

(1)

(iii) Explain how your choice of activity, in (ii), could provide a physical challenge.

.....

.....

.....

(1)

2. (a) Complete the statements below by identifying the type of benefit of physical activity.

(i) Increased fitness is a benefit of physical activity. (1)

(ii) Improvement in health is a benefit of physical activity. (1)

(iii) Providing opportunity to work as a team is a benefit of physical activity. (1)

(iv) Physical activity can lead to stress relief. This is a benefit of physical activity. (1)

(b) Do you think the following statement is true or false? Explain your answer.

‘As people age their reasons for exercising change.’

True or False?

Explanation

.....

.....

..... (2)

(c) Why could the following statement be considered false?

‘Losing weight makes you look better, therefore feel better.’

.....

.....

..... (2)

(Total 8 marks)

(a) The numbered statements in the box below are all examples of physical and/or mental benefits of exercise.

(i) Put a cross in the box next to a statement that provides a mental **and/or** physical benefit of exercise.

	A mental and/or physical benefit of exercise
1. I enjoy the competition	<input type="checkbox"/>
2. It can lead to weight loss	<input type="checkbox"/>
3. It can improve fitness	<input type="checkbox"/>
4. It makes me feel less tense	<input type="checkbox"/>
5. It gives me greater muscle definition	<input type="checkbox"/>
6. It gives me something to do	<input type="checkbox"/>
7. It can improve my health	<input type="checkbox"/>

(1)

(ii) Explain how this mental and physical benefit is achieved.

Physical benefit

.....

Mental benefit

.....

(2)

(b) (i) Other than physical and mental, name the third type of benefit that can be gained from participation in physical activity.

.....

(1)

(ii) Give an example of this type of benefit.

.....

.....

(1)

(c) Membership of a sporting club is said to stimulate co-operation and competition. Explain how being a member of the local cricket club gives Khriston the opportunity to be:

(i) Co-operative;

.....

(1)

(ii) Competitive.

.....

(1)

(Total 7 marks)

2. Figure 1 shows performers participating in sport.



(Source: *Essential GCSE PE for Edexcel*, Hodder Arnold, 2005)

Figure 1

Complete the table below

- (i) Give **one** reason why each performer takes part in physical activity. Make sure you give a different reason for each performer.
- (ii) State whether the reason is Social, Physical or Mental.

PERFORMER	(i) REASON	(ii) SOCIAL, PHYSICAL OR MENTAL BENEFIT OF EXERCISE
TENNIS PLAYER		
CROSS COUNTRY RUNNER		
CLUB NETBALL PLAYER		




(6)

(iii) State **two** other reasons for taking part in sport

- 1
-
- 2
-

(2)

Student – Teacher Feedback:

CIRCLE A FACE	WHY?
	I am confident with these areas of this topic.....
	I am unsure on these areas of this topic.....
	I am struggling with these areas of this topic.....