



Saint Paul's Catholic High School
A Voluntary Academy and Engineering College



G.C.S.E

PHYSICAL EDUCATION
HOMEWORK

TOPIC: 1.1.2

INFLUENCES ON YOUR HEALTHY, ACTIVE LIFESTYLE

MARK	%	GRADE	IL
/ 25			
COMMENTS:			

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

NAME: _____

GCSE PE TEACHER: _____

1. Which of the following is a correct statement in relation to Sport England's 'Start, Stay, Succeed' objectives?
- A Start – plan so that every child starts the school day with physical activity to increase participation and improve health.
 - B Start – increase the number of adults who start their day with exercise.
 - C Stay – aim to keep officials working in sport so that development costs are reduced.
 - D Succeed – create opportunities for talented performers to achieve success.
- (Total 1 mark)**

2. Some people, for example the tennis player in the picture below, continue to exercise and participate in sport throughout their life.

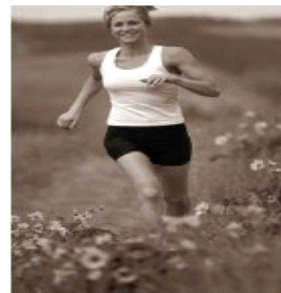
Select the answer with key influences on people's sustained involvement in physical activity from **all** categories of influences.



**Tennis player
runner**



School hockey players

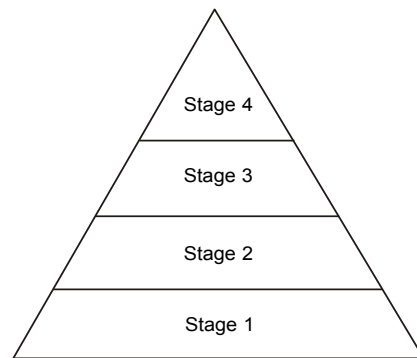


**Cross country
runner**

- A Wellbeing; resources; people; peer group; image of activity
- B Health; positive experience; access; role models; media coverage; gender
- C Enjoyment; location; family; media coverage; fashion
- D Health; resources; people; cost; disability.

(Total 1 mark)

3. The figure below is the sports participation pyramid.



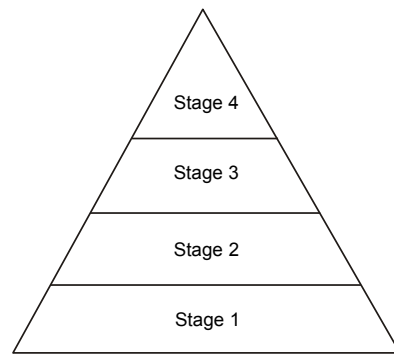
Read the statements and decide whether **A**, **B**, **C** or **D** is correct.

Statement 1	Statement 2
Stage 1 is the foundation stage.	Stage 1 is where people take part on a regular basis.

- A** Both statements are true.
- B** Statement 1 is true, statement 2 is false.
- C** Statement 1 is false, statement 2 is true.
- D** Both statements are false.

(Total 1 mark)

4. The figure below is the sports participation pyramid.



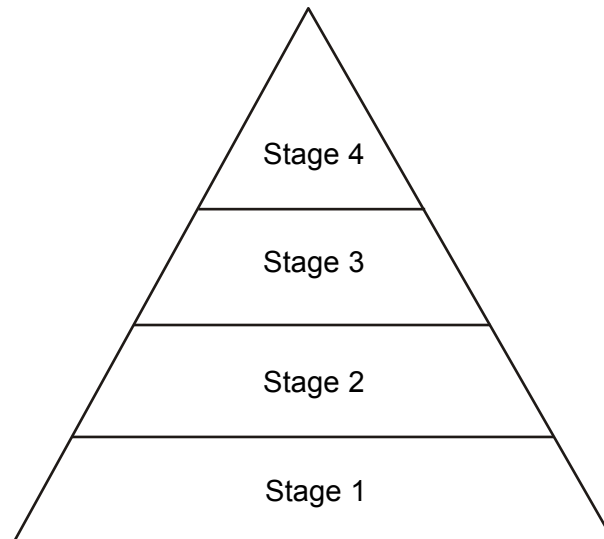
Read the statements and decide whether **A**, **B**, **C** or **D** is correct.

Statement 1	Statement 2
Stage 2 is the performance stage.	Stage 2 is where people take part in sport in their free time, for example in extra-curricular sport.

- A** Both statements are true.
- B** Statement 1 is true, statement 2 is false.
- C** Statement 1 is false, statement 2 is true.
- D** Both statements are false.

(Total 1 mark)

5. The figure below is the sports participation pyramid.



Read the statements and decide whether **A**, **B**, **C** or **D** is correct.

Statement 1	Statement 2
Stage 4 is the excellence stage.	Professional performers are at Stage 4.

- A** Both statements are true.
- B** Statement 1 is true, statement 2 is false.
- C** Statement 1 is false, statement 2 is true.
- D** Both statements are false.

(Total 1 mark)

6. The figures below show performers participating in different physical activities.



(Source: Blend Images/Alamy)

Over 50s tennis player



(Source: Action Plus)

School hockey players

(a) Give **one** reason why the over 50s tennis player takes part in physical activity.

.....
.....

(1)

(b) (i) Making sure that you give a different reason than you gave in (a) above, give **one** reason why the school hockey players take part in physical activity.

.....
.....

(1)

(ii) State whether this reason is social, physical or mental.

.....
.....

(1)

(c) Some people, for example the tennis player in the figure above, continue to participate in sport as they get older.

Identify **one** factor that can influence people in sustaining their involvement in physical activity.

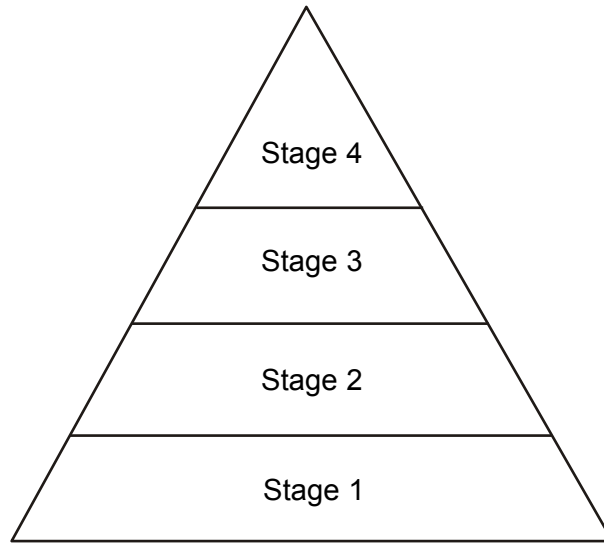
.....
.....
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(1)

(Total 4 marks)

7. The figure below shows the sports participation pyramid.

Name and describe the stage labelled 2.



Stage 2

Name

.....

(1)

Description

.....

.....

(1)

(Total 2 marks)

8. (a) Ria is 15 and is taking GCSE PE. To improve her lifestyle she is planning a personal exercise programme (PEP) to increase the amount of physical activity she is involved in.

You are helping Ria to plan her PEP. At the moment Ria is unsure what athletics event she would like to participate in.

Ria might choose the discus as her event, name a suitable training method and justify your choice.

Training method

.....

Justification

.....

(2)

- (b) Performing is one way that an individual can be involved in physical activity.

Identify **two** other types of role, other than playing/performing, that Ria can take on to sustain her involvement in physical activity.

1

2

(2)

- (c) Ria plans to sustain her involvement in exercise and physical activity.

Identify **one** long-term effect of participation in exercise on Ria's heart.

.....

(1)

- (d) Aside from her PEP, what factors should Ria consider to help plan a healthy lifestyle?

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.....

.....

(3)

(Total 8 marks)

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.....