



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



G.C.S.E

PHYSICAL EDUCATION HOMEWORK

TOPIC: 1.1.3

EXERCISE AND FITNESS AS PART OF YOUR HEALTHY, ACTIVE LIFESTY

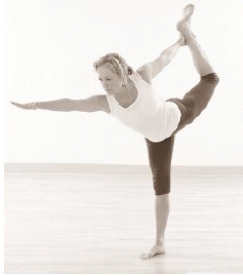
MARK	%	GRADE	IL
/ 39			
COMMENTS:			

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

NAME: _____

GCSE PE TEACHER: _____

1. The figure below shows a woman doing yoga as a form of exercise.



Which of the following components of fitness is skill-related and the most important in this yoga pose?

- A Balance.
- B Coordination.
- C Body composition.
- D Strength.

(Total 1 mark)

2. Exercise is:

- A a form of physical activity to maintain or improve health and/or physical fitness
- B training regularly
- C a state of complete mental, physical and social wellbeing, and not merely the absence of disease and infirmity
- D the ability to meet the demands of the environment.

(Total 1 mark)

3. Which of the following participants is least likely to use agility in their performance?

- A High jumper.
- B Football goalkeeper.
- C 100 metre sprinter.
- D Tennis player.

(Total 1 mark)

4. Which of the following is a correct definition of cardiovascular fitness?

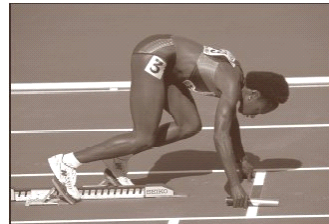
- A a long-term benefit of exercise
- B the ability to exercise the entire body for long periods of time
- C the ability to use voluntary muscles many times without getting tired
- D an effect of regular training.

(Total 1 mark)

5. The figure below shows a sprinter at the start of a race.

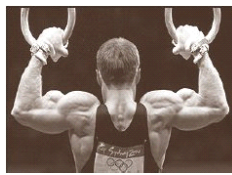
Which of the following is an example of an essential component of **health-related exercise** for the sprinter?

- A reaction time
- B cardiovascular fitness
- C power
- D muscular strength.



(Total 1 mark)

6. Some components of fitness are listed below. Select the component of **health-related exercise** that is essential to ALL of the performers in the figure below.



Activity 1

Activity 2

Activity 3

- A Power.
- B Muscular strength.
- C Speed.
- D Co-ordination.

(Total 1 mark)

7. This question relates to the importance of the components of fitness to different types of performers.

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

Statement 1	Statement 2
Basketball players need agility to dodge around players. Agility is a component of Health Related Exercise	Co-ordination is an important component of fitness for basketball players

- 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)

8. Health is:

- A** the ability to meet the demands of the environment
- B** a state of mental well being and not merely the absence of disease and infirmity
- C** the absence of disease
- D** a state of complete mental, physical and social well being and not merely the absence of disease and infirmity.

(Total 1 mark)

9. The following are components of health-related exercise and skill-related fitness.

- A** Muscular endurance, cardiovascular endurance, agility, reaction time.
- B** Muscular endurance, flexibility.
- C** Power, speed.
- D** Reaction time, agility.

Which list, A, B, C or D would be most relevant to a long distance runner?

(Total 1 mark)

10. The following are components of health-related exercise and skill-related fitness.

- A** Muscular endurance, cardiovascular endurance, agility, reaction time.
- B** Muscular endurance, flexibility.
- C** Power, speed.
- D** Reaction time, agility.

Which list, A, B, C or D would be most relevant to a games player?

(Total 1 mark)

11. The following are components of health-related exercise and skill-related fitness.

- A** Muscular endurance, cardiovascular endurance, agility, reaction time.
- B** Muscular endurance, flexibility.
- C** Power, speed.
- D** Reaction time, agility.

Which list, A, B, C or D would be most relevant to a 100 m sprinter?

(Total 1 mark)

12. The following statements A, B and C relate to the components of health-related

exercise or skill-related fitness.

- A** This is an aspect of skill-related fitness. It is the ability of the body to keep going for long periods of time without tiring.
- B** This is an aspect of health-related exercise. It is the ability to use two or more body parts together.
- C** This is an aspect of health-related exercise. It is the ability to use muscles many times without getting tired.
- D** None of the statements.

Which statement correctly describes muscular endurance?

(Total 1 mark)

- 13.** The following statements A, B and C relate to the components of health-related exercise or skill-related fitness.

- A** This is an aspect of skill-related fitness. It is the ability of the body to keep going for long periods of time without tiring.
- B** This is an aspect of health-related exercise. It is the ability to use two or more body parts together.
- C** This is an aspect of health-related exercise. It is the ability to use muscles many times without getting tired.
- D** None of the statements.

Which statement correctly describes cardiovascular endurance?

(Total 1 mark)

- 14.** The following statements A, B and C relate to the components of health-related exercise or skill-related fitness.

- A** This is an aspect of skill-related fitness. It is the ability of the body to keep going for long periods of time without tiring.
- B** This is an aspect of health-related exercise. It is the ability to use two or more body parts together.
- C** This is an aspect of health-related exercise. It is the ability to use muscles many times without getting tired.
- D** None of the statements.

Which statement correctly describes co-ordination?

(Total 1 mark)

- 15.** The following statements A, B, C and D list some of the components of health-

related exercise and/or skill-related fitness.

- A Flexibility, Balance, Speed.
- B Power, Reaction Time, Cardiovascular Endurance.
- C Agility, Speed, Reaction Time.
- D Speed, Reaction Time, Power.

The swimmer shown in the figure below relies on skill-related components of fitness in order to perform well.



(Source: alanbircher.com)

Which statement A, B, C or D lists aspects of skill-related fitness that are most relevant to a swimmer competing in a single length race?

(Total 1 mark)

16. Penny, Husnara and Reena all play sport for their school.

Each uses a different training method to improve their fitness for their sport.

(a) Explain the term 'fitness'.

.....
.....
.....

(1)

(b) (i) Explain why the girls would use different methods of training from each other to improve their fitness.

.....
.....
.....

(1)

(ii) What principle of training are they applying by using a training method that is relevant to them and their sport?

.....
.....

(1)

(Total 3 marks)

17. Muscular strength and muscular endurance are two components of health-related exercise.

(i) Explain the term **muscular strength**.

.....
.....
.....
.....

(1)

Complete the table below by:

- (ii) naming an activity where muscular strength would be beneficial to a performer;
- (iii) giving an example of how a sports performer in this activity would use muscular strength to their advantage.

(ii) Activity requiring muscular strength	(iii) Example of the use of muscular strength in this activity

(2)

(Total 3 marks)

18. The swimmer shown in the figure below relies on skill-related components of fitness in order to perform well. Some components of skill-related fitness are



given in the box below.

Co-ordination Reaction time Agility

- (i) Select **two** components of skill-related fitness from the box above and complete the table by explaining how a swimmer would use these components in his/her performance.

Component of skill-related fitness		How component of skill-related fitness is used by a swimmer
1.		
2.		

(2)

- (ii) Select the component of skill-related fitness from the box above that is **least** relevant to a sprint swimmer who swims one length of the pool. Explain why you have selected this component.

Component

.....

Explanation

.....

.....

(2)

(Total 4 marks)

19. Select a **different** component of Skill Related Fitness to complete each of the following statements:

(i) A high jumper needs at take off to achieve the height to clear the bar. **(1)**

(ii) Racket players need to move the hand holding the racket to the right place to strike the ball correctly. **(1)**

(iii) Footballers need to beat their opponents to the ball. **(1)**

(iv) A gymnast needs to maintain her position on a beam. **(1)**

(Total 4 marks)

20. Performance is defined as ‘how well a task is completed’. Explain how exercise and fitness can affect performance.

(a) (i) Exercise
.....
..... **(1)**

(ii) Fitness
.....
..... **(1)**




(b) Health is defined as a ‘state of complete mental, physical and social well-being, and not merely the absence of disease or infirmity’

(i) How might physical activity have a positive effect on physical health?
.....
..... **(1)**

(ii) How might physical activity have a negative effect on physical health?
.....
.....
.....

(1)
(Total 4 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.....