



# Physical Education

## Yr7 Health and Fitness *Autumn 1*



	Keyword	Meaning
1	Cardiovascular Fitness	your ability to exercise your whole body for long periods of time, sometimes called stamina or aerobic endurance
2	Body Composition	the percentage of body weight that is muscle, bone or fat Muscular
3	Strength	the amount of force a muscle can exert against a resistance
4	Muscular Endurance	the ability to use voluntary muscles many times without getting tired
5	Flexibility	the total range of motion possible at a joint.
6	Fitness	the ability to meet the demands of the environment
7	Wellbeing	being comfortable, healthy & happy so impacting on emotional/psychological health and happiness
8	Health	a complete state of physical, mental and social wellbeing, not merely the absence of disease or infirmity.

**Social Health**  
**Cooperation:** working in groups helps to improve teamwork and communication  
**Developing Friendships & Social Mixing:** you get to know more people, make new friends and develop lasting friendships  
**Gaining a Good Attitude to Competing:** to compete well in sport you need to have a strong sense of self; and learn to respect your opponent

**EMOTIONAL HEALTH**  
**Feeling Good:** doing exercise produces serotonin, a 'feel good' chemical in the body  
**Relieving Stress & Tension:** provide a distraction from the problems of daily life  
**Increasing Self Esteem & Confidence:** overcoming a challenge in sport gives A sense of achievement  
**Enjoyment:** most people who exercise and play sport do so because they enjoy it  
**Emotional/Psychological Challenge:** challenging yourself can boost your confidence  
**Aesthetic Appreciation:** enjoying something because it is pleasing to look at

**Reasons for Warming up**

- Prepares you physically and mentally for exercise
- It increases oxygen delivery to muscles
- Increases the temperature of muscles, tendons & ligaments
- It increases flexibility

**POSITIVES FOR GOOD WELLBEING**

- Helps you cope with the physical side of life
- Moderate exercise improves longevity – how long you will live
- Lowers risk of psychological illness
- Lowers risk of eating problems
- Makes you less likely to use drugs or smoke
- Less likely to be off work with sickness
- Gives you a lower resting heart rate and lowers blood pressure
- Can help weight control/ improves body composition
- Gives you stronger bones

**Phases of a Warm up:**

- Phase 1 Pulse Raiser: raises HR and speeds up oxygen delivery to working muscles
- Phase 2 Stretching: increases elasticity and range of movement
- Phase 3 Skills Activity: more intense practices relating to the main session

**Rules of a Warm up**

- Minimum of 10 minutes
- Gradually increase the intensity
- Perform exercises and skills that will be replicated in the game



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7	Wellbeing	
8	Health	



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### SOCIAL HEALTH

Cooperation:

Developing Friendships & Social Mixing:

Gaining a Good Attitude to **Competing**: to compete well in sport you need to have a strong sense of self; and learn to respect your opponent

### EMOTIONAL HEALTH

### Reasons for Warming up



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**POSITIVES FOR GOOD WELLBEING**

**Phases of a Warm up:**

**Rules of a Warm up**



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Question	Answer
1- Define the term Health.	
2- Define the term Fitness.	
3- Explain what is meant by the term physical health.	
4- Explain what is meant by the term emotional health.	
5- Explain what is meant by the term social health.	
6- Provide an example of physical health.	
7- Provide an example of emotional health.	
8- Provide an example of social health.	
9- Identify two benefits of being physically healthy.	
10- Identify a benefit of being emotionally healthy	
11- Identify two benefits of being socially healthy	
12- Identify the 5 components of health related fitness.	
13- Explain how participation in physical activity can have an impact on your physical health.	
14- Explain how participation in physical activity can have an impact on your emotional health.	
15- Explain how participation in physical activity can have an impact on your social health.	
16- Identify the positive health effects of physical activity on wellbeing.	
17- Identify the negative health effects of physical activity on wellbeing.	
18- Identify the three phases of a warm up and provide an example.	