



# Physical Education

## Yr 9 Health and Wellbeing Autumn 1

|   | Keyword                 | Meaning  |
|---|-------------------------|--|
| 1 | Cardiovascular Fitness: | your ability to exercise your whole body for long periods of time.     |
| 2 | Body Composition:       | the percentage of body weight that is muscle, bone or fat.             |
| 3 | Muscular 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.                         |

### 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

### 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 too.

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

### How do we improve Physical Health?

**Cardiovascular Fitness:** To improve on this you would need to undertake continuous training on a frequent basis.

**Body Composition:** To improve on this you would need to be within a certain weight category for your sport / competition.

**Muscular Strength:** To improve muscular strength you must overload specific muscle groups with heavy weight.

**Muscular Endurance:** To improve muscular endurance you most repeatedly work and contract the muscle groups you aim to develop.

**Flexibility:** To improve this you would need to perform stretching exercises and flexibility based sessions (e.g. Yoga) frequently to keep the elasticity of the muscles fibres.



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Social Health:

Cooperation:

Developing Friendships & Social Mixing:

Competing:

Emotional Health

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Relieving Stress & Tension:

Increasing Self Esteem & Confidence:

Enjoyment:

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How do we improve Physical Health?

Cardiovascular Fitness:

Body Composition:

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Muscular Endurance:

Flexibility:



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| Question   | Answer |
|--|--------|
| 1- Explain how being participation in physical activity can have an impact on your physical health.                |        |
| 2- Explain how being participation in physical activity can have an impact on your emotional health.               |        |
| 3- Explain how being participation in physical activity can have an impact on your social health.                  |        |
| 4- Identify the positive health effects of physical activity on wellbeing.   |        |
| 5- Identify the negative health effects of physical activity on wellbeing.   |        |
| 6- How can you improve personal health through designing, developing and monitoring a PEP?                         |        |
| 7- What is a lifestyle choice?   |        |
| 8- Identify the four key areas within lifestyle choice.  |        |
| 9- Explain how your diet can have a positive and negative impact on your health, fitness and wellbeing.            |        |
| 10- Explain how recreational drugs can have a negative impact on your health, fitness and wellbeing.               |        |
| 11- Explain how your activity level can have a positive and negative impact on your health, fitness and wellbeing. |        |
| 12- Explain how your work/rest sleep balance can have a negative impact on your health, fitness and wellbeing.     |        |
| 13- What is meant by the term participation rates?   |        |
| 14- Identify the 5 personal factors associated with participation rates.   |        |
| 15- Explain how each personal factor can have an impact on participation rates.                                    |        |
| 16- What is meant by the term sedentary lifestyle?   |        |
| 17- How does leading a sedentary lifestyle impact your wellbeing?  |        |