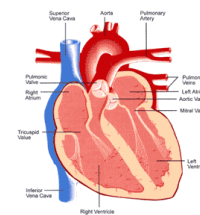
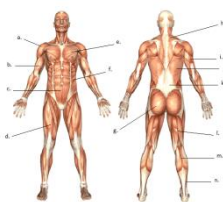


GCSE PE

Homework

Booklet



Topic 1.1.1: Health, Active Lifestyles And How They Could Benefit You

Step 1 – Describe (To begin with, complete the below question)

Identify the 3 areas of a healthy active lifestyle

Identify Step 1

Step 2 – Explain (Now, read the below question carefully explaining the reasoning for you answer)

Explain 3 of the benefits of taking part in physical activity; please give examples where you feel necessary.

Explain Step 2

Step 3 – Analyse/Apply (Link the points you have made to specific sporting examples, techniques and/or the impact this makes)

In addition to the benefits of taking part in physical activity, there are also reasons people take part. Analyse a minimum of 3 reasons that YOU personally take part in physical activity providing examples for each.

Analyse Step 3

Topic 1.1.2: Influences On Your Healthy, Active Lifestyle

Step 1 – Describe (To begin with, complete the below question)

List all seven influences that impact upon people to take part in physical activity

Describe Step 1

Step 2 – Explain (Now, read the below question carefully explaining the reasoning for you answer)

Now pick 3 of the influences and explain how they can influence peoples' decision to take part in physical activity.

Explain Step 2

Step 3 – Analyse/Apply (Link the points you have made to specific sporting examples, techniques and/or impact this makes)

The sports participation pyramid has 4 different stages. Name all 4 stages, explain each stage and give a sporting example of a participant at each level.

Analyse Step 3

Topic 1.1.3: Exercise And Fitness As Part Of Your Healthy, Active Lifestyle

Step 1 – Describe (To begin with, complete the below question)

There are five components of health related fitness & six skill related fitness components.

1. List all 5 HRF components

2. List all 6 SRF components

Describe Step 1

Step 2 – Explain (Now, read the below question carefully explaining the reasoning for your answer)

Explain 2 components of HRF, by giving a definition for each one.

Explain 2 components of SRF, by giving a definition for each one.

Explain Step 2

Step 3 – Analyse/Apply (Link the points you have made to specific sporting examples, techniques and/or impact this makes)

Now pick 2 different HRF AND SRF components, explain each component and link each of the components to sporting examples suggesting why each component is related to the outlined sport.

Analyse Step 3

Topic 1.1.4 (Part 1): Physical Activity As Part Of Your Healthy, Active Lifestyle

Step 1 – Describe (To begin with, complete the below question)

1. Describe what a PAR-Q form is used for and provide 5 example questions you may see on one.
2. In total there are 11 different activities to test fitness. Describe 5 of them, identifying which Skill or Health related fitness component they test.

Describe Step 1 (1)

Describe Step 1 (2)

Step 2 – Explain (Now, read the below question carefully explaining the reasoning for you answer)

Name and explain all 4 principles of training including the FITT principle.

Explain Step 2

Step 3 – Analyse/Apply (Link the points you have made to specific sporting examples, techniques and/or impact this makes)

When GOAL SETTING for a personal training programme the SMART goals are followed (Specific, Measurable, Achievable, Realistic & Time Bound). Design a 3 week training programme for a football midfield player. Ensure that you apply the principles of training & FITT principle into your programme.

Analyse Step 3

Topic 1.1.4 (Part 2): Physical Activity As Part Of Your Healthy, Active Lifestyle

Step 1 – Describe (To begin with, complete the below question)

1. List the 6 methods of training and describe each of them
2. List the 5 stages of the exercise session.

Describe Step 1 (1)

Describe Step 1 (2)

Step 2 – Explain (Now, read the below question carefully explaining the reasoning for you answer)

1. Now pick 2 of the methods of training, explain them further and explain the advantages of each
2. Explain the difference between aerobic and anaerobic fitness

Explain Step 2 (1)

Explain Step 2 (2)

Step 3 – Analyse/Apply (Link the points you have made to specific sporting examples, techniques and/or impact this makes)

Analyse a training session for a 16 year old participant. You must work out the participants maximum heart rate and both aerobic/anaerobic training zones. Finally you must explain what a lower resting heart rate suggests.

Analyse Step 3

Topic 1.1.5: Your Personal Health And Well-Being

Step 1 – Describe (To begin with, complete the below question)

Describe the importance of a balanced diet.

Describe Step 1

Step 2 – Explain (Now, read the below question carefully explaining the reasoning for you answer)

List and explain the seven factors that make up a balanced diet.

Explain Step 2

Step 3 – Analyse/Apply (Link the points you have made to specific sporting examples, techniques and/or impact this makes)

Analyse and the term carbo-loading. Explain what carbo-loading is and why it would be used.

Analyse Step 3

Topic 1.2.1 (Part 1): Physical Activity And Your Healthy Mind And Body

Step 1 – Describe (To begin with, complete the below question)

Name the 3 different types of body somatotype, giving a brief description for all.

Describe Step 1

Step 2 – Explain (Now, read the below question carefully explaining the reasoning for you answer)

Explain the 4 factors that affect optimum weight.

Explain Step 2

Step 3 – Analyse/Apply (Link the points you have made to specific sporting examples, techniques and/or impact this makes)

In total there are 5 different conditions that are related to weight. Two of them are anorexia and obese. Analyse the difference between the two.

Analyse Step 3

Topic 1.2.1 (Part 2): Physical Activity And Your Healthy Mind And Body

Step 1 – Describe (To begin with, complete the below question)

List and describe all 6 different types of performance enhancing and recreational drugs.

Describe Step 1

Step 2 – Explain (Now, read the below question carefully explaining the reasoning for you answer)

1. Name and explain a sport where anabolic steroids may be used. You could use a true story of an athlete who has been caught using performance enhancing drugs if possible.

2. Name and explain 3 different risks you would assess prior to starting a game of a chosen sport.

Explain Step 2 (1)

Explain Step 2 (2)

Step 3 – Analyse/Apply (Link the points you have made to specific sporting examples, techniques and/or impact this makes)

To ensuring that competition is balanced & fair, analyse 3 things that could be considered to ensure that competitions are played on a level playing field.

Analyse Step 3

Topic 1.2.2: A Healthy, Active Lifestyle and Your Cardiovascular System

Step 1 – Describe (To begin with, complete the below question)

1. The cardiovascular system consists of the heart, blood and blood vessels. When blood is pushed around the body it has two main functions. Describe the two main functions of the blood.

2. Define cardiac output and stroke volume.

Describe Step 1 (1)

Describe Step 1 (2)

Step 2 – Explain (Now, read the below question carefully explaining the reasoning for your answer)

Explain the terms heart rate, blood pressure and systolic/diastolic pressure.

Explain Step 2

Step 3 – Analyse/Apply (Link the points you have made to specific sporting examples, techniques and/or impact this makes)

Analyse the effects of regular/long term exercise on the cardiovascular system.

Analyse Step 3

Topic 1.2.3: The Respiratory System

Step 1 – Describe (To begin with, complete the below question)

1. In short the respiratory system has two main functions. Describe them.

2. Describe the terms tidal volume and vital capacity.

Describe Step 1 (1)

Describe Step 1 (2)

Step 2 – Explain (Now, read the below question carefully explaining the reasoning for you answer)

Explain the term oxygen debt

Explain Step 2

Step 3 – Analyse/Apply (Link the points you have made to specific sporting examples, techniques and/or impact this makes)

Analyse and compare the immediate/short term effects against the effects of regular/long term effects on the respiratory system.

Analyse Step 3

Topic 1.2.4 (Part 1): A Healthy, Active Lifestyle and Your Muscular System

Step 1 – Describe (To begin with, complete the below question)

1. Draw 2 pictures of a body. One picture should represent the front of the body, the other the back. In total there are 11 muscles you should be aware of, label them on the two pictures you have created.

Describe Step 1

Step 2 – Explain (Now, read the below question carefully explaining the reasoning for you answer)

As taught in your lessons muscles work in antagonistic pairs. Explain this process in action using examples to complete your answer.

Explain Step 2

Step 3 – Analyse/Apply (Link the points you have made to specific sporting examples, techniques and/or impact this makes)

Analyse 5 muscles of your choice, suggesting how muscle works (abducts, adduction etc) and give sporting examples of when the muscle is in use.

Analyse Step 3

Topic 1.2.4 (Part 2): A Healthy, Active Lifestyle and Your Muscular System

Step 1 – Describe (To begin with, complete the below question)

1. Describe what isometric and isotonic contractions are.

Describe Step 1

Step 2 – Explain (Now, read the below question carefully explaining the reasoning for you answer)

Explain the immediate effects of exercise on the muscular system.

Explain Step 2

Step 3 – Analyse/Apply (Link the points you have made to specific sporting examples, techniques and/or impact this makes)

Analyse the long term effects that participation in exercise can have on the muscular system.

Analyse Step 3

Topic 1.2.5 (Part 1) : A Healthy, Active Lifestyle and Your Skeletal System

Step 1 – Describe (To begin with, complete the below question)

List and describe the 3 main jobs the skeletal system is designed for.

Describe Step 1

Step 2 – Explain (Now, read the below question carefully explaining the reasoning for you answer)

List and explain the different types of movement at joints

Explain Step 2

Step 3 – Analyse/Apply (Link the points you have made to specific sporting examples, techniques and/or impact this makes)

Choose a sporting action (e.g. kicking a football) and identify and explain the joints being used and the movements taking place

Analyse Step 3

Topic 1.2.5 (Part 2) : A Healthy, Active Lifestyle and Your Skeletal System

Step 1 – Describe (To begin with, complete the below question)

Describe two effects of regular exercise on the skeletal system.

Describe Step 1

Step 2 – Explain (Now, read the below question carefully explaining the reasoning for you answer)

Explain 2 of the types of injuries to joints

Explain Step 2

Step 3 – Analyse/Apply (Link the points you have made to specific sporting examples, techniques and/or impact this makes)

Analyse the RICE process explaining each step of the procedure including what type of injury you would use this for.

Analyse Step 3