



1.1 Healthy, active lifestyles

1.1.3 Exercise and fitness as part of your healthy, active lifestyle

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1— List the positive effects of having well-developed health-related exercise components in sport. Give an answer for each of the components of health-related exercise. Think about the different types of sporting activity there are. The pictures may help as a start.

2 — Give the negative effects of not having well-developed health-related exercise components in sport. Give an answer for each of the components of health-related exercise. Think about the different types of sporting activity there are. The pictures may help as a start.

A stylized illustration of a skier in a dynamic, forward-leaning pose. The skier is wearing a white long-sleeved shirt with black accents on the sleeves, black pants, and a white helmet with goggles. They are holding two black ski poles and are on two black skis. The background is plain white.

A black and white line drawing of a woman performing a pull-up. She is hanging from a horizontal bar with both hands, her arms fully extended upwards. Her legs are bent at the knees and raised towards her chest. She is wearing a dark tank top and leggings. The drawing is simple, with clean lines and no shading.

A black and white illustration of a person in a canoe. The person is wearing a cap and a tank top, and is using a double-bladed paddle to propel the canoe forward. The water is depicted with simple wavy lines.

A black and white line drawing of a female athlete in a leotard and ballet slippers, performing a backbend over a horizontal bar. She is holding the bar with both hands, and her feet are also on the bar, with her legs bent at the knees. Her head is touching the bar, and her arms are extended upwards.





Worksheet 1: Sporting activities and health-related exercise

Level B

Student's Book pages 60–62

Tasks

- 1 — In the table below, list the components of health-related exercise in the first column.
- 2 — Fill in the rest of the table with the positive and negative effects of each health-related exercise component. Give a sporting example for each.

Use the information in the Student's Book and the illustrations on this page to help you.

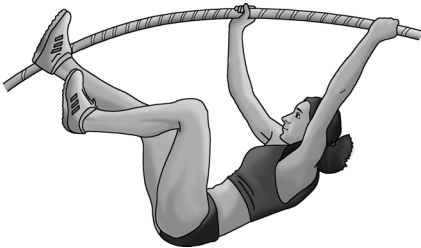
Use the same sport for your positive and negative examples.

An example has been given to help you.

Component	Positive effects	Negative effects	Sport
Cardiovascular fitness	The body can meet the demands of exercise and keep working without losing skill.	Body cannot transport oxygen to the working muscles so they tire easily before the end of the race.	Skiing



Cross-country skier



Pole vaulter



Rower



High jumper



Netball goalkeeper



Worksheet 2: Components of skill-related fitness

Level A

Student's Book pages 63–66

Tasks

1 — Write in the correct component of skill-related fitness to match the following definitions:

- a) The ability to apply a combination of strength and speed in an action: _____
- b) The ability to change direction quickly and still keep control of the whole body: _____
- c) The ability to keep the body stable whether still, moving or in a different shape by keeping the centre of gravity over the base: _____
- d) The time it takes to respond to a stimulus: _____
- e) The fastest rate a person can complete a task or cover a distance: _____
- f) The ability to use two parts of the body at the same time: _____

2 — For each of the sports illustrated below, list the three most important components of skill-related fitness in the spaces provided.



- 1. _____
- 2. _____
- 3. _____



- 1. _____
- 2. _____
- 3. _____



- 1. _____
- 2. _____
- 3. _____



- 1. _____
- 2. _____
- 3. _____



- 1. _____
- 2. _____
- 3. _____



- 1. _____
- 2. _____
- 3. _____



Worksheet 2: Components of skill-related fitness

Level B

Student's Book pages 63–66

Tasks

1 — Write in the correct component of skill-related fitness to match the following definitions. Use the word bank to help you.

- a) The ability to apply a combination of strength and speed in an action: _____
- b) The ability to change direction quickly and still keep control of the whole body: _____
- c) The ability to keep the body stable whether still, moving or in a different shape by keeping the centre of gravity over the base: _____
- d) The time it takes to respond to a stimulus: _____
- e) The fastest rate a person can complete a task or cover a distance: _____
- f) The ability to use two parts of the body at the same time: _____

2 — For each of the sports illustrated below, list the three most important components of skill-related fitness: balance, reaction time, speed, agility, power and coordination.



- 1. _____
- 2. _____
- 3. _____



- 1. _____
- 2. _____
- 3. _____



- 1. _____
- 2. _____
- 3. _____



- 1. _____
- 2. _____
- 3. _____



- 1. _____
- 2. _____
- 3. _____



- 1. _____
- 2. _____
- 3. _____



Worksheet 3: Skilled performance

Level A

Student's Book pages 63–66

Tasks

1 — From your understanding of skilled performance, complete the table below by adding the definitions of the words in bold:

Efficiency	Pre-determined	Coordinated	Fluent	Aesthetic

2 — Choose six sporting examples where you have seen skilled performance.

3 — Develop four of these ideas into sentences.



Worksheet 3: Skilled performance

Level B

Student’s Book pages 63–66

Tasks

1 — From your understanding of skilled performance, complete the table below by adding the definitions of the words in bold. Use the statement box to guide your answers.

Use your workbook notes to help you.

Efficiency	Pre-determined	Coordinated	Fluent	Aesthetic

Statement bank

- Skills are fluent
 - Control small muscle groups
 - Minimal effort
 - Skills are practiced
 - Skills performed in predicted situations
 - Skills are graceful
 - Minimal thought
- Skills are performed with ease
 - Practise equals maximum certainty of success
 - Minimal time
 - Combined use of muscles in complex skill
 - Control large muscle groups
 - Whole action looks good

2 — Choose four sporting examples where you have seen skilled performance.

3 — Develop three of these ideas into sentences. Use the statement box to help you.



Homework 1: Effects of health-related exercise on skill-related fitness

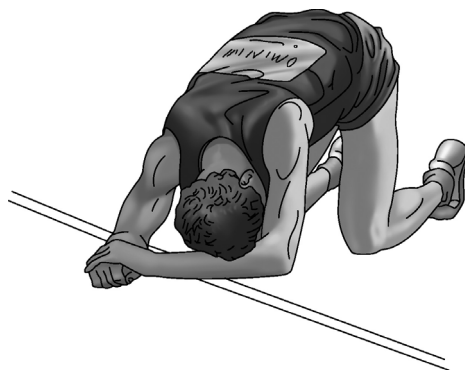
Student's Book pages 60–66

Tasks

- 1 — Study the components of health-related exercise and skill-related fitness.
- 2 — Using the illustrations as a starting point, give three sporting examples of how health-related exercise components can affect skill-related fitness components.

Here is an example:

Cardiovascular fitness: at the end of a long match or extra time, poor cardiovascular fitness will affect the muscles as oxygen cannot be taken up by the working muscles leading to poor coordination/reaction-time.



Health-related exercise

- cardiovascular fitness
- muscular strength
- muscular endurance
- flexibility
- body composition

Skill-related fitness

- agility
- balance
- coordination
- power
- reaction time
- speed



Extension 1: Health-related exercise and sports

Student's Book pages 60–62

Tasks

1 — Study the components of health-related exercise listed below:

- cardiovascular fitness
- muscular endurance
- muscular strength
- flexibility
- body composition

Reread your notes to help you.

2 — For each sportsperson illustrated, give a mark out of ten in the table below indicating how important that component is to the sport. Range your marks from 10 = most important to 0 = least important.

An athlete has been completed for you as a guide.

	Sprinter	Gymnast	Marathon runner	Hockey player
Cardiovascular fitness			8	
Muscular endurance			10	
Muscular strength			0	
Flexibility			6	
Body composition			9	



3 — On the back of this sheet, write a sentence on each component of health-related exercise for each of the sports illustrated, giving reasons for your mark allocations.



Extension 2: Health-related exercise components

Student's Book pages 60–62

Tasks

1 — Study the part sentences below which relate to health-related exercise and skill-related fitness components.

2 — Choose what you think is the correct ending of the sentence from the statement bank and write your answer in the space provided.

There are many options so choose carefully!

a) Flexibility is the body's ability to _____

b) A person with good muscular endurance can work their muscles over long periods of time without _____

c) Muscular strength can be defined as the muscles' ability to _____

d) Good cardiovascular fitness will enable the heart and lungs to _____

e) Body composition _____



Statement bank

- tiring, losing effectiveness or reaching their maximum effort load.
- move the joints to the full range of movement.
- complete a task or cover a distance.
- respond to a shot or cover a distance.
- keeping control of their body when avoiding a tackle.
- body's content of bone, muscle and fat.
- supply oxygen to the working muscles over long periods of time.
- is the fastest rate a person can complete a task or cover a distance.
- apply force and overcome resistance.
- get distance on the throw.



3 — Link the sporting examples shown in the illustrations with each component of health-related exercise.