

**PHYSICAL EDUCATION**  
**Year 7 term 2 – Health, Fitness and Diet**

## Lifestyle choices

List the lifestyle choices you can identify in this picture below?

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**HEALTH**  
***“A state of complete  
emotional/psychological, physical  
and social wellbeing, and not  
merely the absence of disease and  
infirmity.”***

## PHYSICAL EDUCATION Year 7 term 2 – Health, Fitness and Diet

Identify the benefits of increased fitness on physical, emotional and social health.

Complete Table 1 using the statements in Table 2. For each benefit you find, add an example of how this benefit is achieved. An example has been completed to get you started.

Physical health		Emotional health		Social health	
Benefit	How it is achieved	Benefit	How it is achieved	Benefit	How it is achieved
		Relieves stress	By taking your mind off your troubles		

**Table 2**

Relieves stress	Meeting with current friends	Reduces blood pressure	Release of serotonin	Decrease in resting heart rate
Because you have been successful or improved your performance in sport	Feel good/enjoyment/fun	Increase social communication and co-operation skills	Improves cardiovascular fitness	Improves health by reducing risk of disease
By taking your mind off your troubles	Increases confidence or self-esteem	Reduces risk of CHD (coronary heart disease)	Make new friends	Increase the amount of exercise

## PHYSICAL EDUCATION Year 7 term 2 – Health, Fitness and Diet

- 1 Find all the important elements that make up a healthy, balanced diet.

C	F	C	A	K	E	G	W	P	E	Q	Y
E	A	A	A	V	I	T	A	M	I	N	S
L	T	R	D	L	J	E	Y	A	L	W	U
L	S	B	B	C	C	M	N	N	A	E	I
M	H	C	N	O	A	I	E	I	F	D	O
I	I	J	A	I	H	R	U	E	V	A	P
E	A	N	S	L	C	Y	R	T	S	I	L
C	R	N	E	D	C	M	D	O	C	R	K
W	A	T	E	R	K	I	K	R	E	Y	J
A	R	K	T	F	A	A	U	P	A	R	A
F	I	B	R	E	M	L	H	M	A	T	S
R	Y	L	V	T	A	M	S	M	Q	T	E

- 2 What does an athlete like to eat before a game?

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- 3 How can these foods help an athlete to optimise their performance during a game?

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