

GCSE PE 2010 - 2011

HEALTH, FITNESS AND EXERCISE

Unit Objectives

- ▣ The difference between health and fitness
- ▣ Specific benefits of exercise
- ▣ General fitness contributes to overall health
- ▣ 5 Aspects of general fitness
- ▣ Components of skill related fitness
- ▣ Factors that affect fitness

Lesson Objectives

- ▣ To be able to describe some benefits of exercise to physical, social and mental well being



STARTER

- ▣ In your groups write as many words/ phrases that you can think of for “Health” and “Fitness”
- ▣ Present to the rest of the group

Health

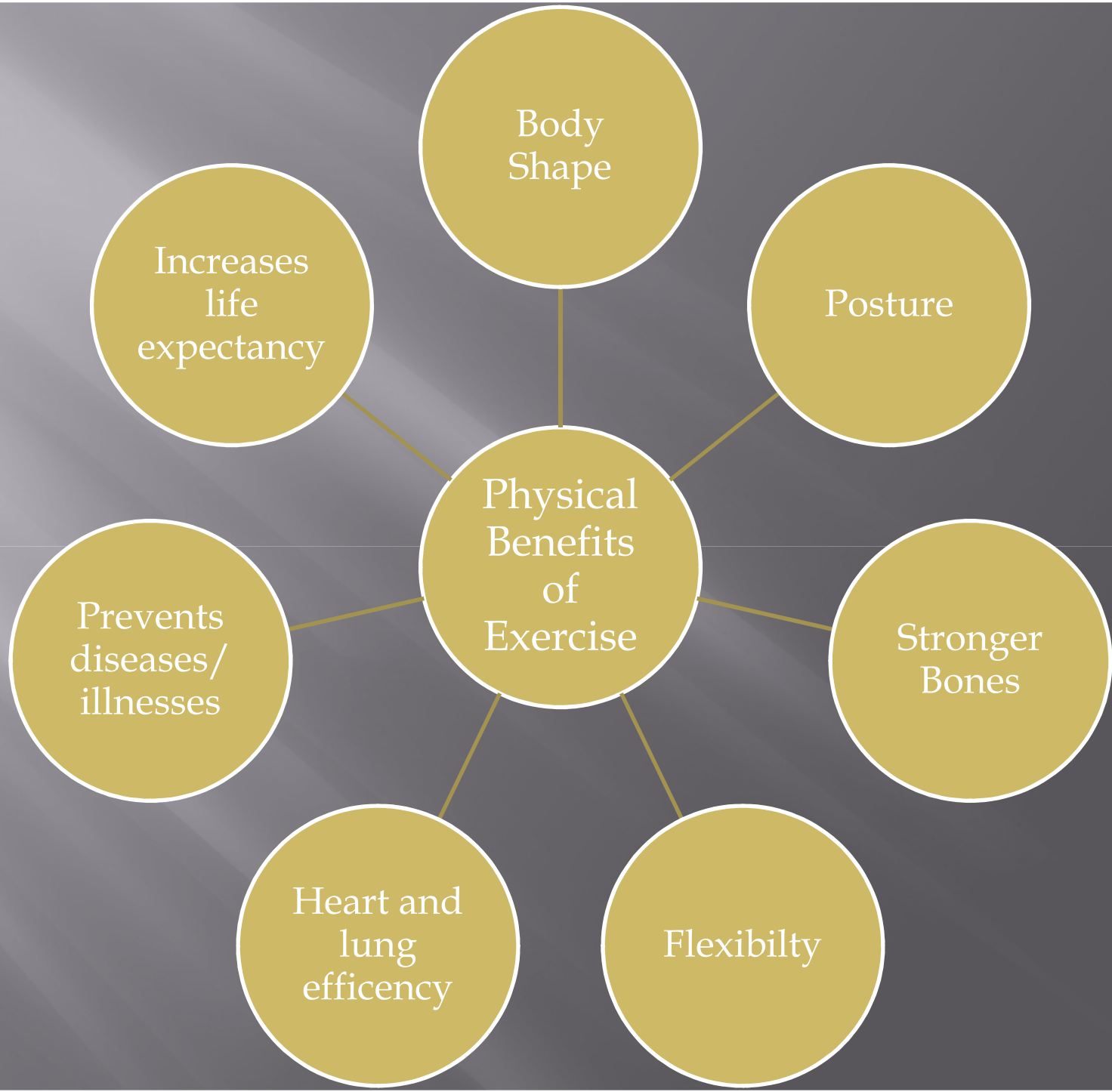
- ▣ “Health is a state of complete physical, mental and social well-being, not merely the absence of disease or infirmity.”



Physical Well Being

- ▣ Your heart, lungs and other body systems
- ▣ Lack of illness
- ▣ Absence of obesity





Body Shape

Increases life expectancy

Posture

Physical Benefits of Exercise

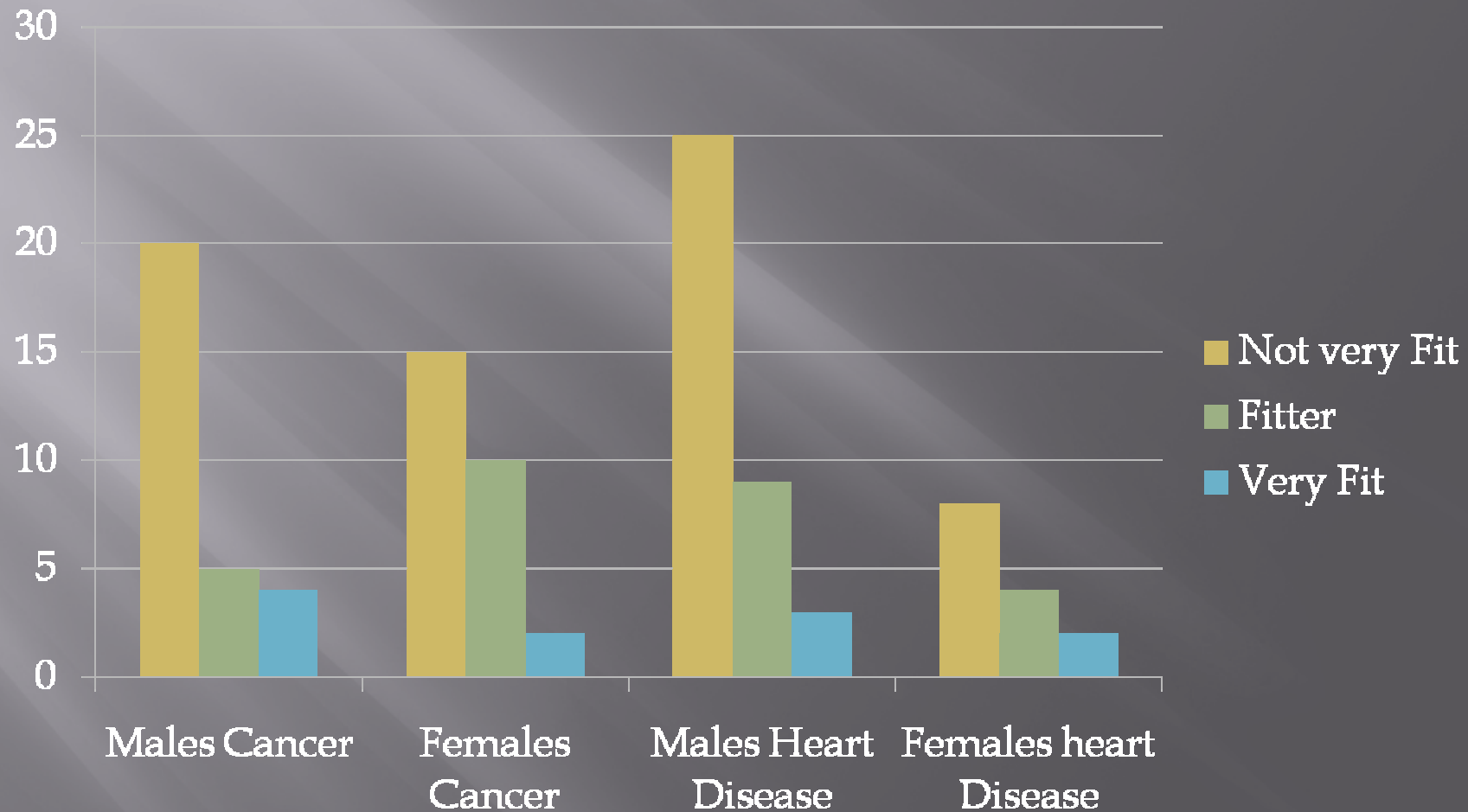
Stronger Bones

Prevents diseases/illnesses

Heart and lung efficiency

Flexibility

Number of deaths per 10 000 people per year



Mental Well Being

- ▣ No mental illness
- ▣ Feeling Content and Happy





Social Well Being

- ▣ Belong to a social group, have friends, support etc





Plenary

- ▣ If you are fit are you definitely healthy?
 - Discuss

Homework

- ▣ Complete the question sheet in your book
- ▣ Use full sentences to answer
- ▣ To be handed in Tuesday