

GCSE PE 2010 - 2011

HEALTH, FITNESS AND EXERCISE

The benefits of exercise

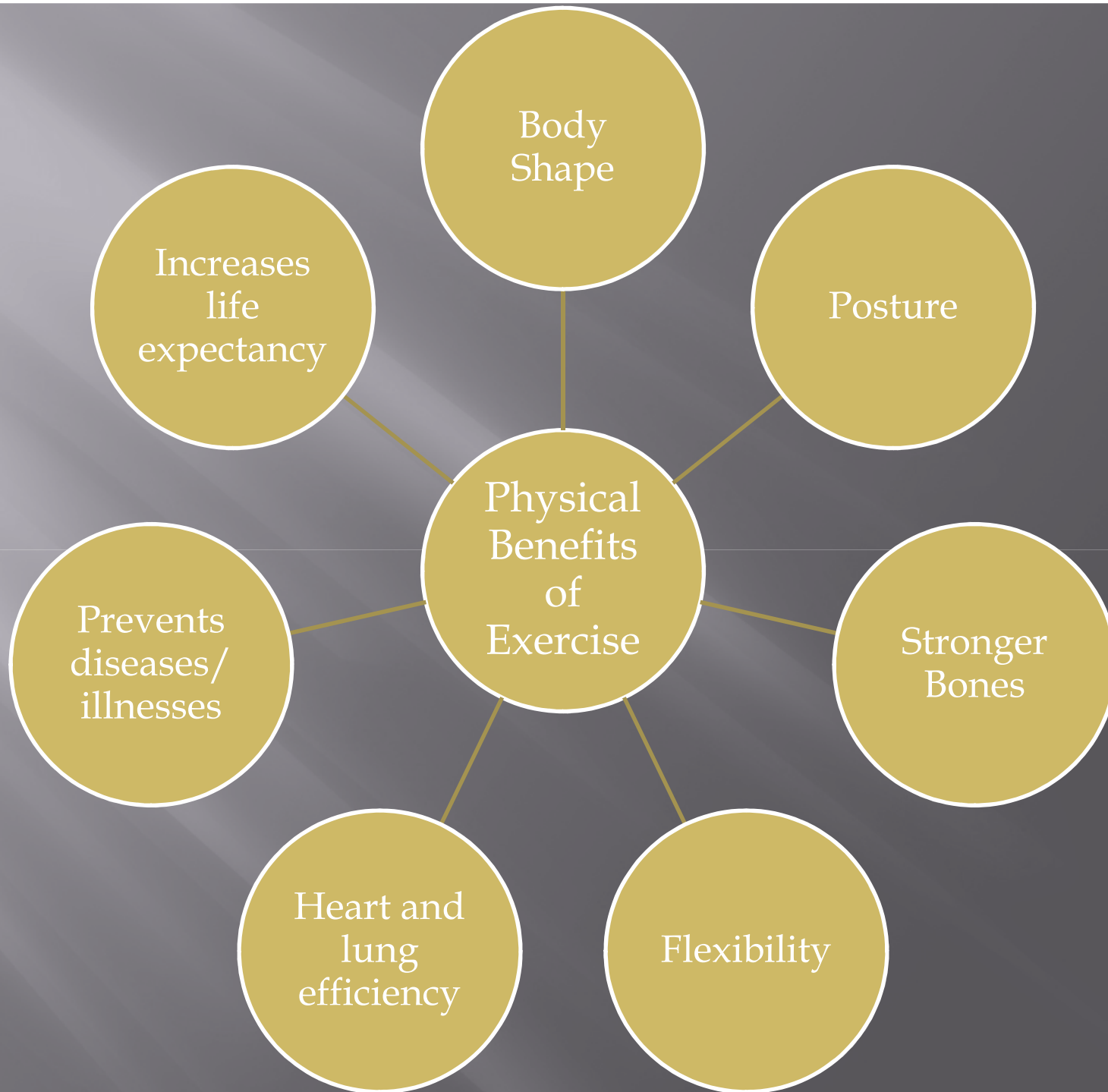
STARTER

- ▣ Discuss with a partner the benefits “you” get from exercise and things that prevent you taking part in more exercise?

Objectives

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





Body
Shape

Increases
life
expectancy

Posture

Physical
Benefits
of
Exercise

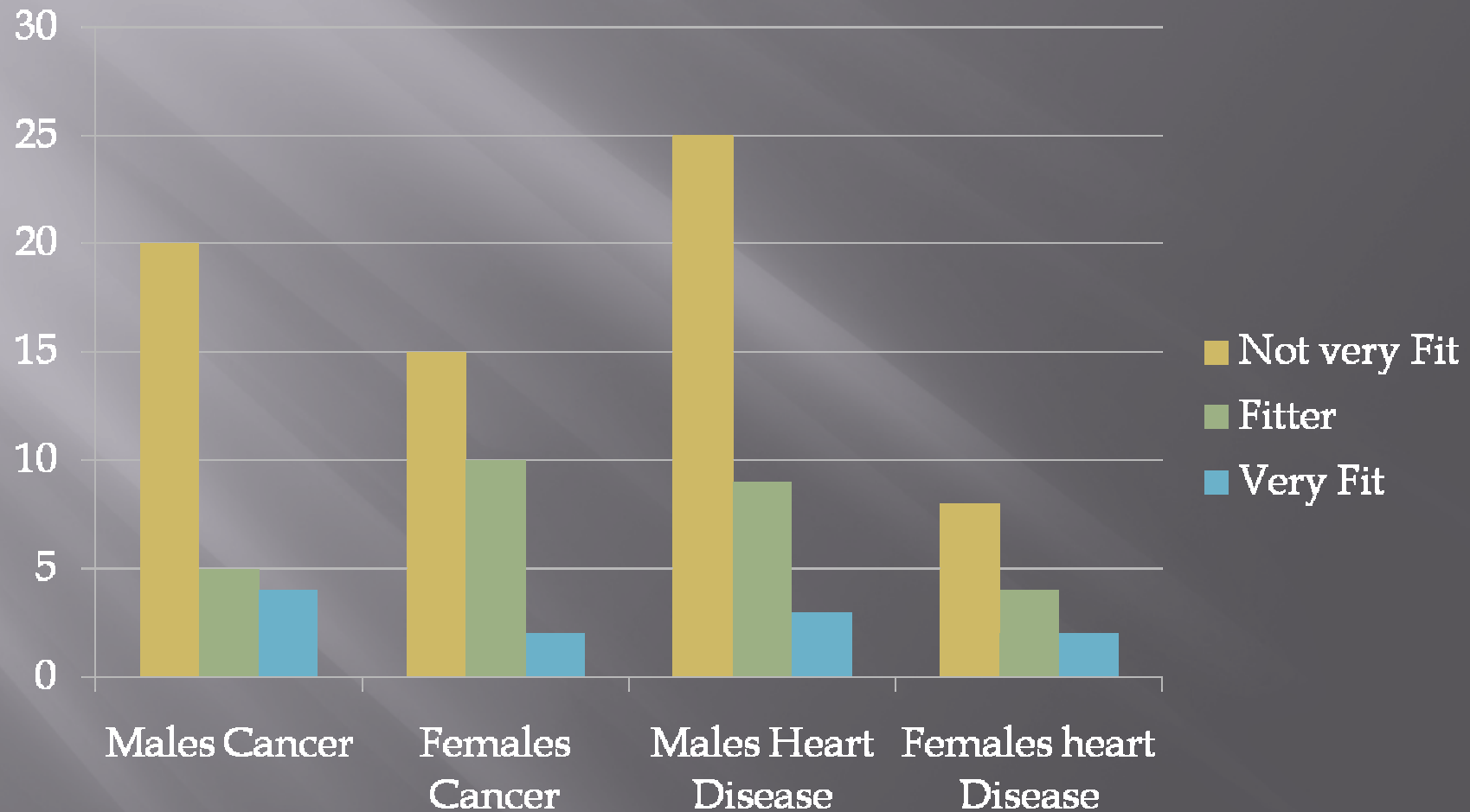
Stronger
Bones

Prevents
diseases/
illnesses

Heart and
lung
efficiency

Flexibility

Number of deaths per 10 000 people per year







Plenary - Discussion

- ▣ Increasing life expectancy in the UK
- ▣ Male born 1991 estimated life span = 73.2 Years
- ▣ Female born in 1991 estimated life span = 78.8 Years
- ▣ Male born in 1951 estimated lifespan = 66.1 Years
- ▣ Female born in 1951 estimated lifespan = 70.9 Years
- ▣ Male born in 1911 estimated lifespan = 50.4 Years
- ▣ Female born in 1911 estimated lifespan = 53.9 Years
- ▣ What factors affect life expectancy in the uk?

Homework

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