

2.

- Being well in the body and free from injury or illness.
- Able to carry out everyday tasks.
- All body systems are working well.

BEYOND

1.

Defined by the World Health Organisation (WHO) as
'a state of complete physical, mental and social well-being, not simply the absence of disease or infirmity.'

BEYOND

4.

A positive sense of involvement with family, friends and others in the community.

- Essential human needs are met
- Friendship and support
- Having value within society
- Ability to mix with others

BEYOND

3.

Feeling well in the mind, with a positive outlook and sense of your own value.

- Able to cope with stress
- Control emotions
- Feeling good/self esteem

BEYOND

6.

How well a task is completed.

BEYOND

5.

The ability to meet the demands of the environment.

BEYOND

8.

Decreased fitness because of ill-health. E.G: If I am sick or require surgery, I cannot train so my fitness will decrease.

Increased fitness despite ill-health. E.G: If I have an injury I can still train, which will maintain or increase my fitness.

BEYOND

7.

A form of physical activity that maintains or improves health and fitness.

BEYOND

9.



Carbohydrates

BEYOND

10.



Protein

BEYOND

11.



Fat

BEYOND

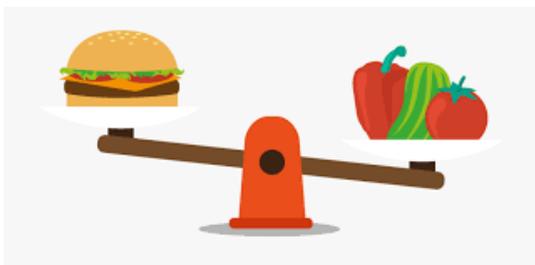
12.



Water

BEYOND

13.



Energy Balance

BEYOND

14.



Diet

BEYOND

15.



Cardiovascular Endurance

BEYOND

16.



Flexibility

BEYOND

10.

Help growth and repair of muscles and cells within the body.

Provide a very limited supply of energy.

Up to 15% of our energy intake.

Provide an example of a good source of protein for a weightlifter?

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9.

Provide the body with its main source of energy.

There are two types of carbohydrate – simple (instant energy – sugar) & complex (long lasting energy source – pasta).

Up to 55% of our energy intake.

Can you provide an example of a simple and complex carbohydrate?

BEYOND

12.

Transports nutrients to the cells.

Helps maintain body temperature.

Assists in the removal of waste products from the body.

Prevents dehydration.

BEYOND

11.

Provides a source of energy that is stored in the body.

The body will use energy from carbohydrates before fats.

The photo shows healthy fats. What other food types are classed as fat?

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14.

Different people require different diets depending on their energy needs.

Teenagers need more protein than adults.

Someone who is active compared to someone who leads a sedentary lifestyle, needs more energy.

Can you explain why?

BEYOND

13.

Different people require different levels of energy.

If you eat too much and exercise too little = weight gain.

If you eat too little and exercise too much = weight loss

BEYOND

16.

The range of movement around a joint.

What is the name of the test for flexibility?

Question – Can you name the type of joint which has the most flexibility?

BEYOND

15.

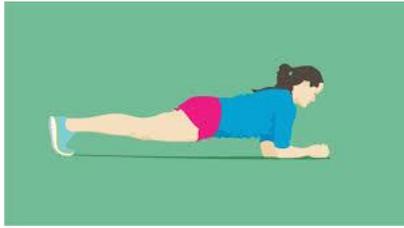
Allows the body to work for long periods of time without tiring.

The heart, lungs and blood efficiently deliver the oxygen needed to the muscles to maintain work rate.

Question – Name an activity that cardiovascular endurance is needed?

BEYOND

17.



Muscular Endurance

BEYOND

18.



Power

BEYOND

19.



Speed

BEYOND

20.



Strength

BEYOND

21.



Agility

BEYOND

22.



Balance

BEYOND

23.



Coordination

BEYOND

24.



Reaction Time

BEYOND

18.

The ability to perform strength movements at speed.

A spike in volleyball is an example of a powerful movement.

Can you identify another sporting example, when power is used?

BEYOND

17.

The ability of your muscles to keep working continuously without getting tired.

Question - Why does a football player need muscular endurance?

BEYOND

20.

The ability to exert the maximum amount of force in one attempt.

This can appear in two ways:

- Explosive
- Static

Question – Can you give an example of static strength in a team game?

BEYOND

19.

The ability to perform a movement quickly over a certain distance.

The 100m sprint is the most obvious example of speed.

Question – Can you provide an example of speed in a team game?

BEYOND

22.

Being able to maintain a position.

Balance can be static – still

Balance can be dynamic - moving

BEYOND

21.

The ability to change direction at speed, whilst maintaining control.

Question - Why does a volleyball player need to be agile?

BEYOND

24.

The time taken to respond/react to a stimulus.

Question – At the serve in a volleyball game, why does the receiving team need good reaction time?

BEYOND

23.

The ability to use two or more body parts at the same time.

Question – who requires greater levels of coordination a tennis player or a marathon runner?

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