

Class 4 Physical Education Assessment: Fitness

Learning objective: To assess pupils' understanding of the importance of fitness and the different types of exercise.

Read each question carefully and answer in full sentences. Use diagrams and labels where necessary.

Total: /25

Word bank: healthy · strong · cardio · stretching · balance · agility · endurance

1. What is fitness and why is it important for our bodies? (4 marks)

2. Explain the difference between cardio and stretching exercises. Provide an example of each. (5 marks)

3. Label the following picture of a child doing various exercises: a jogging track, a balance beam, a skipping rope. (3 marks)

4. Name three types of exercise that can improve agility and strength. Justify your answers. (5 marks)

5. Compare and contrast endurance and balance exercises. Give an example of each. (5 marks)

6. What are some ways to stay healthy and strong without engaging in high-impact sports? (4 marks)

7. Design a fitness programme for a 9-year-old child that includes a mix of cardio, stretching, and strength exercises. (8 marks)

Draw: Draw a picture of your favourite way to stay fit and healthy. Label the different parts of your picture and explain why you enjoy this activity.



Extension challenge: Please write a 150-200 word essay on the importance of fitness for our bodies. Use examples from your own life and consider the role of exercise in keeping us healthy and strong. Total: /8