

Class 4 Health and Fitness Assessment

Learning objective: To assess pupils' understanding of the importance of health and fitness and how to maintain a healthy lifestyle.

Read each question carefully and answer in complete sentences. Make sure to show your working where relevant. Use the word bank provided for any answers that fit.

Word bank: exercise · diet · sleep · hygiene · stress · routine · balance

1. What two main activities help keep our bodies healthy? (1 mark each) (2 marks)

2. Why is it essential to maintain good hygiene habits when exercising? (1 mark) (1 mark)

3. What is one way to achieve a balance between exercise and rest? (1 mark) (1 mark)

4. Describe the importance of a healthy diet for maintaining energy levels. (2 marks) (2 marks)

5. List two benefits of getting enough sleep for our bodies. (2 marks) (2 marks)

Draw: Draw a picture of a daily routine that includes time for exercise, eating a healthy meal, getting enough sleep, and relaxation. Label each part of the routine.



Extension challenge: { 'text': "Write a short essay (approx. 150-200 words) on 'How to Maintain a Healthy Lifestyle'. Make sure to include at least three of the following points: regular exercise, a balanced diet, sufficient sleep, good hygiene habits, and stress management. Use examples to support your arguments. Total: /25", 'marks': [{ 'section': 'Introduction', 'marks': 2}, { 'section': 'Main points', 'marks': 12}, { 'section': 'Conclusion', 'marks': 3}, { 'section': 'Use of examples', 'marks': 3}, { 'section': 'Spelling and grammar', 'marks': 5}] }