

Year 4 Physical Education: Fitness and Health Assessment

Learning objective: To demonstrate knowledge of the components of fitness, the physiological effects of exercise on the body, and the importance of a balanced, active lifestyle.

Read each question carefully. Max the monkey needs your help to analyse these fitness puzzles. Write your answers clearly in the spaces provided. Total marks available: 25.

Max the monkey is training for the Great Jungle Games. He spends his mornings practising his agility by jumping between vines, his afternoons building his stamina by running long distances, and his evenings stretching to improve his flexibility for climbing. Max knows that eating a balanced diet and drinking plenty of water is just as important as the exercise itself. When he finishes a session, he tracks how his heart rate returns to normal.

Word bank: Heart rate · Stamina · Flexibility · Recovery · Oxygen · Agility · Circuit · Pulse

1. 1. Max tracks his 'pulse' after exercise. Explain what happens to your heart rate when you start running fast and why this happens. (2 marks) (2 marks)

2. 2. Define the term 'stamina'. Why is it important for Max to have high stamina during the jungle race? (2 marks) (2 marks)

3. 3. List two physical changes you might notice in your body after five minutes of intense exercise. (2 marks) (2 marks)

4. 4. Why is a 'warm-up' essential before starting any vigorous physical activity? (3 marks) (3 marks)

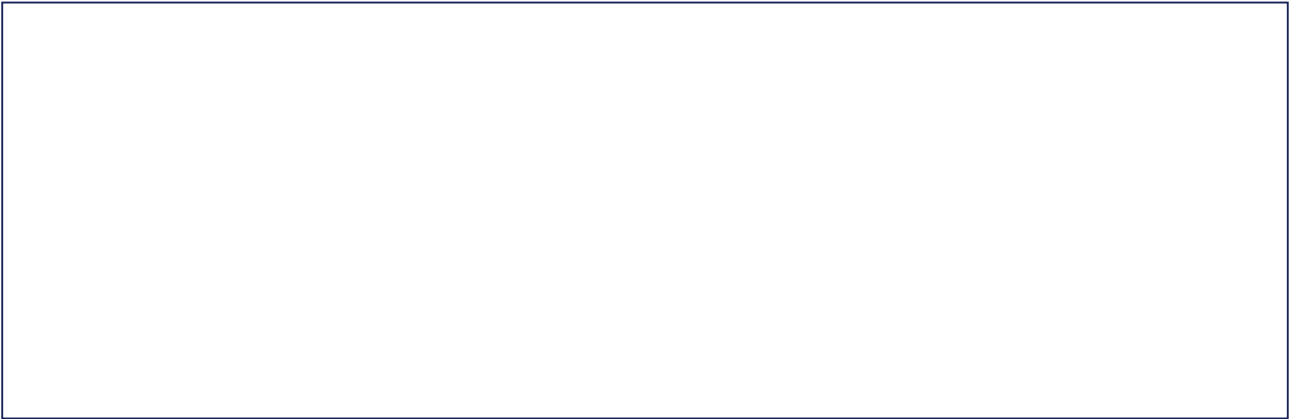
5. 5. Compare and contrast 'agility' and 'flexibility'. Give an example of a sport or activity that requires a lot of agility. (4 marks) (4 marks)

6. 6. Max is planning a fitness circuit. He wants to include exercises for strength and cardiovascular health. Design a 3-station circuit for him. For each station, state the exercise and which component of fitness it improves. (4 marks) (4 marks)

7. 7. Justify why a balanced diet is crucial for a young athlete. What might happen to a person's performance if they consistently did not eat enough nutritious food? (3 marks) (3 marks)

8. 8. Extended Writing Task: Imagine you are a fitness coach. Write a short paragraph explaining the long-term benefits of regular exercise to a group of Year 4 students. Use your knowledge of the heart, muscles, and mental wellbeing. (5 marks) (5 marks)

Draw: Draw a diagram of a human body in motion. Label three different muscles that are being used and indicate where you would place your fingers to check your pulse.



Extension challenge: Total: /25. Challenge: Research the concept of 'Resting Heart Rate'. Why do professional athletes often have a lower resting heart rate than non-athletes? Explain the physiological link between a strong heart muscle and the efficiency of the circulatory system.