

Year 4 Health and Fitness Assessment

Learning objective: To demonstrate understanding of the components of a healthy lifestyle, the impact of exercise on the human body, and the importance of a balanced diet.

Read each question carefully. Use your scientific knowledge to provide clear and detailed answers. Ensure your writing is legible and check your spelling.

Max the monkey has been tracking his heart rate during different activities. He noticed that when he sits still reading, his heart beats slowly. When he swings through the trees, his pulse races much faster. Meanwhile, Bea the honeybee has been studying how different foods provide the energy needed for their woodland adventures. They are learning that staying healthy is about more than just moving; it is about how we fuel our bodies and rest effectively.

Word bank: cardiovascular · stamina · nutrients · metabolism · balanced · flexibility · pulse · respiration

1. Identify two physical changes that happen to your body when you perform vigorous exercise, such as running or jumping. (2 marks) (2 marks)

2. Max thinks that eating only one type of food, like bananas, is enough to keep him healthy. Justify why a 'balanced diet' is a better approach for a growing child. (3 marks) (3 marks)

3. Explain why your heart rate increases during exercise. Use the term 'oxygen' in your explanation. (3 marks) (3 marks)

4. If a healthy snack costs £0.85 and a fizzy drink costs £1.20, compare the nutritional value of these two items. Why is the snack a better choice for someone playing sports? (4 marks) (4 marks)

5. Compare and contrast 'stamina' and 'flexibility'. Why are both important for a balanced fitness routine? (4 marks) (4 marks)

6. Extended Writing Task: Imagine you are designing a week-long fitness plan for a friend. Describe three different activities you would include and explain how each one benefits the body. Consider the importance of rest and hydration in your plan. (5 marks) (5 marks)

7. What might happen to an athlete's performance if they consistently did not get enough sleep? Explain your reasoning. (4 marks) (4 marks)

Draw: Draw a 'Balanced Plate' diagram. Include labels for the main food groups (carbohydrates, proteins, fruits/vegetables, and fats) and add a small illustration of a water bottle to show the importance of hydration.



Extension challenge: Total: /25. Consider this: If a professional athlete needs 3,000 calories a day to maintain their energy, but they only consume 1,500, what would happen to their body's ability to repair muscles and produce energy? Justify your answer using the concept of energy balance.