

Class 5 Physical Education: Health and Fitness Assessment

Learning objective: To demonstrate an understanding of the components of fitness, the effects of exercise on the body, and the importance of a healthy, balanced lifestyle.

Read each question carefully. Use your scientific knowledge to explain how physical activity affects your body. Ensure your answers are clear and written in full sentences where required.

Max the monkey is training for the Great Jungle Games. He spends his mornings running through the canopy to improve his stamina, stretching his limbs to reach high branches, and eating a variety of fruits to keep his energy levels high. Meanwhile, Nova the owl monitors her heart rate during night flights to ensure she stays fit for her long-distance travels.

Word bank: Cardiovascular · Endurance · Flexibility · Heart rate · Nutrition · Hydration · Oxygen · Recovery

1. Identify two physical changes that happen to your body when you start exercising vigorously. (2 marks)

2. Max needs to improve his 'endurance'. Explain what this term means in the context of physical fitness. (2 marks)

3. Why is it important for an athlete to maintain proper hydration before, during, and after physical activity? Use the word 'recovery' in your answer. (3 marks)

4. Zara the zebra is designing a new routine. Explain why 'flexibility' is a key component of fitness and give one example of how a person might improve it. (4 marks)

5. Nova the owl wants to explain the link between a healthy diet and physical performance to a younger student. Write a short explanation (3-4 sentences) describing how the food we eat acts as 'fuel' for our muscles during exercise. (4 marks)

6. Extended Writing Task: Leo the lion is creating a 'Healthy Living Plan' for his group. Write a plan that includes three different types of exercise and explain why a balanced diet is essential for long-term health. You must include how these choices impact your mood and physical capability. (10 marks)

Draw: Draw a diagram of a human body and label three areas where muscles work hardest during a game of football or netball. Include a small key showing which type of exercise (strength, flexibility, or cardiovascular) is being used in those areas.



Extension challenge: Total: /25. Challenge: Research the recommended amount of daily physical activity for a 10-year-old and write a brief reflection on why this target exists.