

# Grade 4 Physical Education: Understanding Fitness and Health

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

Read each question carefully. Answer in full sentences where required. Ensure you use the provided word bank to support your answers.

Max the monkey and Leo the lion are training for the Great Forest Games. Max is practising his jumping to improve his agility, while Leo is focusing on long-distance running to build his stamina. They both know that a healthy diet and regular exercise are essential for keeping their bodies strong and their minds alert.

*Word bank: Cardiovascular · Muscular endurance · Flexibility · Heart rate · Recovery · Stamina · Nutrients*

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

---

**2. Define the term 'Cardiovascular fitness' and explain why it is important for a long-distance runner like Leo. (3 marks)**

---

---

**3. Why do athletes need to include a 'cool down' period after intense physical activity? (2 marks)**

---

**4. Max says that eating a balanced diet is just as important as exercise. Give two examples of healthy food groups and explain how they help the body during sport. (4 marks)**

---

---

**5. Compare 'Muscular endurance' with 'Flexibility'. Provide one activity for each that would help improve these specific components of fitness. (4 marks)**

---

---

---

**6. Max and Leo are planning a weekly fitness schedule. Design a 3-day exercise plan for them that includes a variety of activities to improve different areas of fitness. Explain why you chose these activities. (5 marks)**

---

---

---

---

**7. Explain one way that technology or a fitness tracker could help a student measure their progress during a fitness program. (2 marks)**

---

**8. Calculate the total cost if Max buys three new skipping ropes at £4.50 each and a water bottle for £6.50. (3 marks)**

**Draw: Draw a diagram of the human body and label three areas that are strengthened by regular exercise (e.g., heart, leg muscles, arm muscles).**



*Extension challenge: Total: /25. Extension: Research and write a short paragraph explaining why sleep is considered an essential part of an athlete's recovery process.*