

## Task 1:

Tick all of the activities that you feel you may be assessed in for your practical. (You must have at least 1 team and 1 individual sport)

Team sport	Tick	Individual	Tick
Acrobatic Gymnastics	<input type="checkbox"/>	Amateur boxing	<input type="checkbox"/>
Association football	<input type="checkbox"/>	Athletics	<input type="checkbox"/>
Badminton (Doubles)	<input type="checkbox"/>	Badminton (Singles)	<input type="checkbox"/>
Basketball	<input type="checkbox"/>	BMX Cycling	<input type="checkbox"/>
Canoeing	<input type="checkbox"/>	Canoeing	<input type="checkbox"/>
Cricket	<input type="checkbox"/>	Cycling	<input type="checkbox"/>
Dance	<input type="checkbox"/>	Dance (Solo)	<input type="checkbox"/>
Field Hockey	<input type="checkbox"/>	Diving	<input type="checkbox"/>
Figure skating	<input type="checkbox"/>	Figure skating	<input type="checkbox"/>
Futsal	<input type="checkbox"/>	Golf	<input type="checkbox"/>
Gaelic Football	<input type="checkbox"/>	Gymnastics	<input type="checkbox"/>
Handball	<input type="checkbox"/>	Equestrian	<input type="checkbox"/>
Hurling	<input type="checkbox"/>	Kayaking	<input type="checkbox"/>
Ice Hockey	<input type="checkbox"/>	Rock climbing	<input type="checkbox"/>
Inline/Roller hockey	<input type="checkbox"/>	Sailing	<input type="checkbox"/>
Lacrosse	<input type="checkbox"/>	Sculling	<input type="checkbox"/>
Netball	<input type="checkbox"/>	Skiing	<input type="checkbox"/>
Rowing	<input type="checkbox"/>	Snowboarding	<input type="checkbox"/>
Rugby League	<input type="checkbox"/>	Squash (Singles)	<input type="checkbox"/>
Rugby Union	<input type="checkbox"/>	Swimming	<input type="checkbox"/>
Sailing	<input type="checkbox"/>	Table tennis (Singles)	<input type="checkbox"/>
Sculling	<input type="checkbox"/>	Tennis (Singles)	<input type="checkbox"/>
Squash (Doubles)	<input type="checkbox"/>	Trampolineing	<input type="checkbox"/>
Table tennis (Doubles)	<input type="checkbox"/>	Windsurfing	<input type="checkbox"/>
Tennis (Doubles)	<input type="checkbox"/>		<input type="checkbox"/>
Volleyball	<input type="checkbox"/>		
Waterpolo	<input type="checkbox"/>		

## Task 2- Health, fitness and wellbeing.

Health is defined as 'the complete state of physical, emotional and social wellbeing, not just the absence of disease'. From this definition there are 3 components of health:

- Physical- to do with the body and body systems, our **physical health**
- Emotions- to do with the mind, our **psychological health**
- Social- to do with the way we interact with others, our **social health**

When we participate in exercise/physical activity it can benefit all 3 types of health.

In the table below, you will see a number of reasons/benefits from participation in physical activity or sport.

- 1) Identify if this reason/benefit is **physical, emotional or social**.
- 2) Describe how the benefit is achieved through participating in exercise/physical activity. Three have been completed for you.

Reason/benefit from participation in physical activity or sport	Category of benefit	How the benefit is achieved
Lose excess weight	Physical	Doing more exercise than normal, so burning off calories reduce weight
Relieves stress/helps to relax	Emotional	By taking my mind off things that are worrying me and giving me a distraction
Provide a physical challenge		
Because I'm good at sport/activity		
Increase muscle definition		
Improves health		
Gives me something to do/prevents boredom		
Makes me feel good		
Develop an aesthetic appreciation		
Enjoy competition	Social	Many of my friends play the same sport that I do so I will see them at training/matches.
Meeting friends		
Stops me from getting into trouble		
Learn how to cooperate with others		
Improves my fitness		
Increases my confidence/self esteem		

### Task 3- Lifestyle choices

There are lots of things that we have to do on a day-to-day basis, like go to work or school, but we also have choices over some of the things we do.

We can make decisions about:

- Our diet
- Whether we smoke
- How much alcohol we consume
- How active we are
- How long we spend working
- How long we spend resting
- How long we spend sleeping

Task- How good are your choices in relation to your lifestyle? Think back over the last 3 days and complete the table below. You may need to use the internet to work out the number of calories eaten.

The NHS has a useful calorie counter as part of its website: <http://www.nhs.uk/Livewell/weight-loss-guide/Pags/calorie-counting.aspx>

Lifestyle choices	My choices
Diet- Number of calories	
Diet- Healthy choices	
Number of cigarettes smoked	
Alcohol consumed	
Activity- How much and how difficult	
Time at work	
Time at play	
Time sleeping	

Finally- Compare your lifestyle decisions to the government recommendations and evaluate your decisions. Discuss what are good decisions and what are poor. Describe what could be the consequences of making poor lifestyle decisions. You should complete the table and write a paragraph about what you feel about your lifestyle decisions.

Lifestyle choices	Guidelines	Good choice/poor choice
Diet- Number of calories	Men should eat 2500kcal Women should eat 2000kcal	
Diet- Healthy choices	Eat a wide range of foods Most of your calories come from carbohydrate (Pasta, rice, bread) Eat 5 portions of fruit or veg Eat 2 portions of fish a week	

	<p>Try to eat unsaturated fat rather than saturated fat (low fat spread rather than butter)</p> <p>Limit sugar</p> <p>Eat less than 6g of salt a day</p>	
Number of cigarettes smoked	Aim for 0	
Alcohol consumed	No more than 14 units per week	
Activity- How much and how difficult	<p>60 minutes of physical activity every day</p> <p>3 days a week should focus on developing bone strength</p>	
Time at work	Should not be working more than 48 hours a week	
Time at play	You should have 4.5 hours a day 'free time'.	
Time sleeping	8-10 hours per night	

Evaluation of your lifestyle choices.