



Level 1

Health-Related Exercise

STUDENT WORKSHEETS





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BENEFITS OF EXERCISE

Assessment Brief 2

- A. Why Exercise is Good for You
- B. Energy In – Energy Out
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Appendices

Mapping of Learning Outcomes





Note to the Students

You will take part in some exercise in this course. Check with your doctor if it is safe to do so.

When you exercise:

- ★ Listen to the teacher's instructions.
- ★ Warm up before you start
- ★ Cool down when you are done
- ★ Wear suitable clothing
- ★ Stop exercising if you feel uncomfortable, in pain, sick or very out of breath.
- ★ If you are unsure about something, ask the teacher.
- ★ Do not overdo it.
- ★ Follow all health and safety rules.
- ★ Help others.
- ★ Show respect to others.

To get the most out of the course:

- ★ Set goals for yourself.
- ★ Eat healthy food.
- ★ Drink lots of water.
- ★ Get lots of fresh air.
- ★ Try not to get stressed.
- ★ Be sociable – see friends and family.
- ★ Get enough sleep.
- ★ Enjoy life!



REST



DIET



SUNSHINE



WATER



EXERCISE



CLEAN AIR



Assessment Brief I

Course:	Health-Related Exercise
Course Code:	MIHI7
Assessment:	Collection of Work
Title:	Forms of Exercise
Weighting:	Collection of Work 100%

Guidelines

You will be expected to:

1. Name types of exercise
2. Explain how you should dress for exercise

Assessment criteria

- ★ Exercises must be complete.
- ★ Exercises must be correct.
- ★ Use the vocabulary of health-related exercise.
- ★ Use the vocabulary of common sports, including equipment and clothing.
- ★ Have some idea of what physical activity is.
- ★ Name some different types of exercise.
- ★ Match sporting images and words.



- ★ Become familiar with safety rules to be followed with different sports.
- ★ Discussions may be recorded.
- ★ Photographic and/or video evidence may be required.

Submission date:

I confirm that this is my own work.

Signed:

Date:








3. Which of these sports do you play alone, in pairs or in teams?

Write the sports in the columns.

boxing, hockey, running, surfing, golf, rugby

1 person 	2 people 	Team 

4. Match the words.

a) foot

boxing

b) high

ball

c) table

skating

d) ice

jump

e) skate

tennis

f) kick

boarding





10. Match the words and pictures.

a) rowing

b) basketball

c) running

d) horse riding

e) swimming

f) hockey





3. Read the clues.

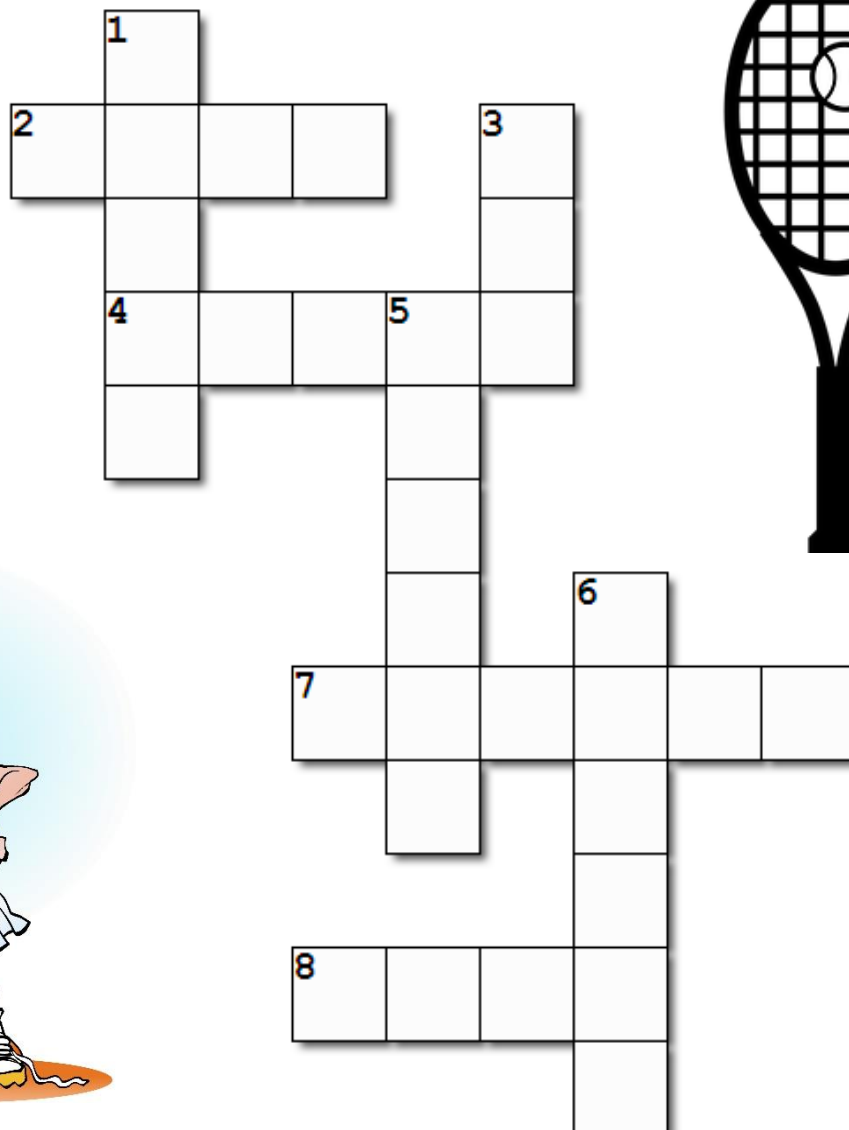
Across

- 2. Round thing that you hit
- 4. Place where tennis is played
- 7. Colour of a tennis ball
- 8. Zero points



Down

- 1. A game of tennis
- 3. The thing that divides the tennis court in two
- 5. What you use to hit the ball
- 6. Someone who plays tennis





Be safe when you are ice-skating!

4. Tick the rules you should follow.

- Make sure your ice skates fit you well.
- Always look where you are going, even when skating backwards.
- Always obey rink rules.
- Skate in a different direction to other skaters.
- Always be alert.
- Talk on your mobile phone while ice-skating.
- Children should wear a helmet.
- Wear a T-shirt and shorts.
- Rest when you get tired.
- You can wear gloves, wrist guards, knee and elbow pads.
- Try and bump into others on the ice rink.
- Do not skate on icy ponds or lakes.



5. Have you ever seen 'Dancing on Ice' on TV? _____

Teacher Notes



3. Here are clothes you might wear when cycling.

Unscramble the words.



temleh



yerejs



strosh



sloveg



hoess



lassunsseg



I. Football

I. Choose true or false.

a) A soccer match is played by two teams.

True False

b) There are 11 players in each team.

True False

c) Only men play soccer.

True False

d) Football is also called soccer.

True False



e) Players pass the ball by hitting it with their feet, chests or hands.

True False

f) To score a goal, a player must kick the ball into the net.

True False

g) The winner is the team to score no goals.

True False

h) Only the goalkeeper can touch the ball with his hands.

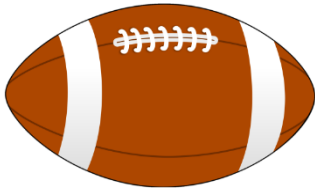
True False

Teacher Notes



J. Sports Equipment

I. Match the balls and the sports.



bowling

tennis

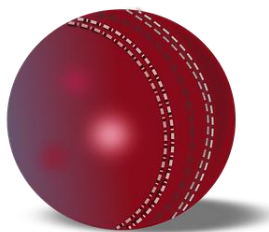
cricket



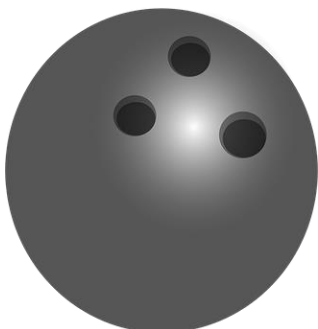
rugby



golf



football



basketball





6. Write true (T) or false (F).

a) Exercise gives you more energy and strength. _____

b) It strengthens your heart, lungs, bones and muscles. _____

c) It puts you in a bad mood. _____

d) It can make you feel less worried. _____

e) It helps you to learn better. _____

f) It makes you feel sick. _____

g) Without exercise, your body will slowly lose its strength. _____

h) It makes you too tired to do anything else. _____

i) It helps you to sleep better. _____

j) It could help you to stay well. _____

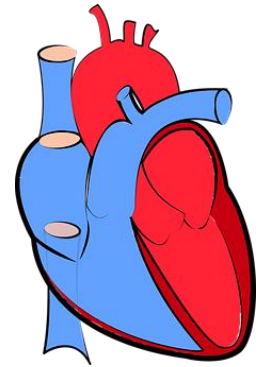




7. Take the heart quiz:

a) What is your heart?

- a bone a muscle a vein



b) What does your heart pump?

- water food blood

c) What important thing does the blood contain?

- oxygen air poison

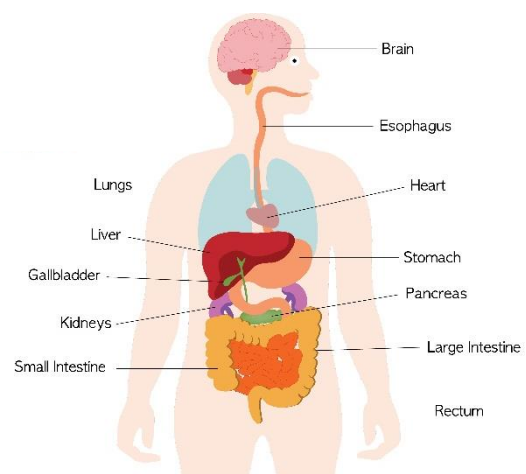
d) Your heart is in the middle of your chest and slightly to the _____.

- right left

e) About how big is your heart?

- size of your hand size of your thumb size of your fist

8. See where the heart is.
Circle it.





D. Making Exercise a Habit

- ★ Choose a time for exercise each day.
- ★ Make a promise to yourself to exercise.
- ★ Put exercise times on your calendar and keep them!
- ★ Exercise is VERY important for your health. Make sure you do not ignore it.

Tick the things you could do:

- Make a time for exercise every day
- Time yourself when you exercise
- Find YouTube clips for beginners' exercises
- Join an exercise, yoga or dance class
- Clean the house
- Do some gardening
- Go for a cycle
- Walk to the shop or to a friend
- Use stairs instead of lifts
- Go for a brisk walk in your neighbourhood
- Walk around your local football pitch
- Take your dog for a walk every day
- Take different walks in your area – don't do the same route every day
- Organise a family or friend outing – a walk and picnic!
- Play with kids outdoors – they have lots of energy!
- Go canoeing in the river / lake (wear life jackets!)
- Go dancing at a nightclub or turn up the music at home
- Go hiking in your area
- Do stretches and exercises while you watch TV
- Go bowling

Teacher Notes



3. Follow as the teacher reads:

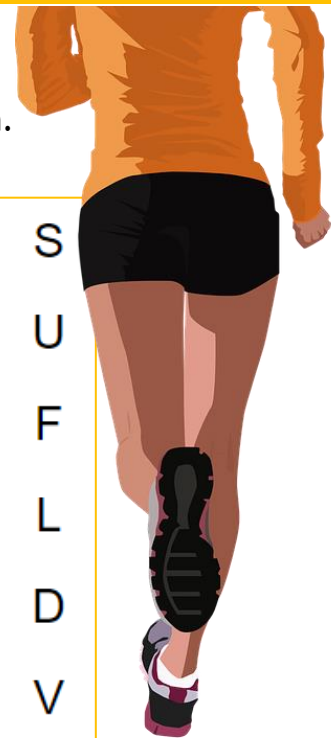
Before you start to exercise, check your health. Check with your doctor. A check-up by your doctor can show health problems you may have. Your doctor could also tell you which types of exercises are best for you.

Make a plan and set goals for yourself. Start with a plan of easy steps to follow. Then you can keep building on it as you get fitter.

Stick to your exercise routine. Do not make excuses like 'I'm too tired! It's too hot! I don't have time!'

4. Find the underlined words in the wordsearch.

Y	L	Q	E	X	C	U	S	E	S
P	R	O	B	L	E	M	S	Y	U
K	P	L	A	N	O	L	F	O	F
M	E	X	E	R	C	I	S	E	L
X	E	H	E	A	L	T	H	G	D
G	I	L	D	O	C	T	O	R	V
K	N	R	O	U	T	I	N	E	Z
P	M	N	T	F	I	T	T	E	R
R	O	Q	S	T	E	P	S	J	H
C	H	G	O	A	L	S	I	Y	K





4.

Exercise Name: Stretches: Side Stretch

How it helps you: It stretches the muscles between your ribs and works on your balance.

Method:

- A. Stand with your feet together.
- B. Lace your fingers together.
- C. Raise your hands above your head.
- D. Think about lengthening your arms, body and legs.
- E. Slowly bend to one side and hold for five seconds.
- F. Return to your starting position then bend to the other side.



How did you feel after doing this exercise?

Would you do this exercise again?

Yes

No

Rate the exercise.





8.

Teacher Notes

Exercise Name: Wall Sit

How it helps you: This exercise works on muscles in your legs.

Method:

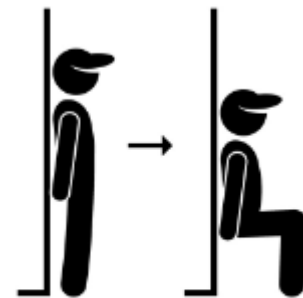
- A. Start with your back against a wall with your feet shoulder width and about 2 feet from the wall.
- B. Using your stomach muscles, slowly slide your back down the wall until your thighs are parallel to the ground.
- C. Adjust your feet so your knees are directly above your ankles (rather than over your toes).
- D. Keep your back flat against the wall.
- E. Hold the position for 20 to 60 seconds.
- F. Slide slowly back up the wall to a standing position.
- G. Rest 30 seconds and repeat the exercise three times.

How did you feel after doing this exercise?

Would you do this exercise again?

Yes

No



Wall Sit

Rate the exercise.





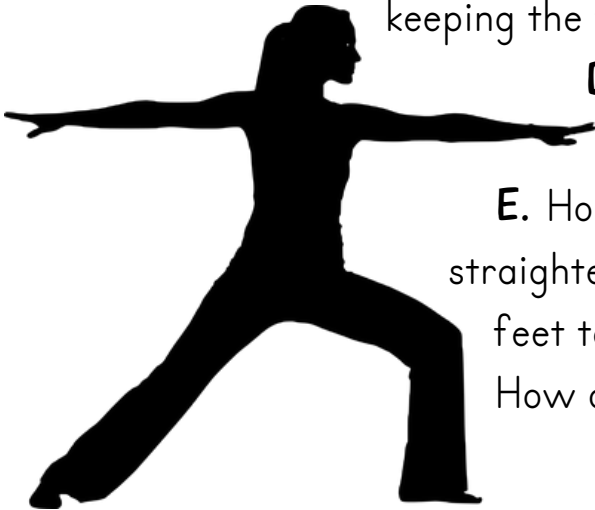
20.

Exercise Name: Warrior 2 Pose

How it helps you: It strengthens the shoulders, arms, feet, ankles and legs, can help with back pain and helps balance.

Method:

- A. Stand with your feet one leg's-length apart.
 - B. Turn your right toes out 90 degrees and your left toes in 45 degrees.
 - C. Bend your right knee until it is directly over your right ankle while keeping the torso even between the hips.
 - D. Stretch your arms out to your sides and gaze over your right hand.
 - E. Hold for 8-10 breaths before straightening the right leg and turning your feet to the other side to repeat on left side.
- How did you feel after doing this exercise?



Would you do this exercise again?

Yes

No

Teacher Notes

Rate the exercise.





Mapping of Learning Outcomes

(HRE1) Identify various forms of exercise Pages 9 and 10 (introduction), Pages 11 to 20 (sports), Pages 21 to 23 (tennis), Pages 24 to 28 (winter sports), Pages 29 to 33 (sports at the beach), Pages 34 to 36 (cycling), Pages 37 to 39 (the gym), Pages 40 to 43 (walking), Pages 44 to 52 (football), Pages 53 to 58 (sports clothing / equipment), Page 90 (choosing best sports), Page 91 (everyday exercises), Page 94 (activities to try), Pages 96 and 97 (exercise plan – choosing activities / sports), Page 106 (choosing exercises), Page 127 (evaluation – list of exercises / activities tried), Appendix 2: List of Sports

(HRE2) Identify appropriate dress for exercise Page 23 (tennis clothing), Page 33 (clothing/equipment at the beach), Page 36 (clothing when cycling), Page 39 (clothing/equipment at the gym), Page 40 (suitable shoes for walking), Page 46 (clothing/equipment for football), Page 49 (football clothing), Pages 53 to 58 (sports clothing / equipment), Page 99 (clothing when exercising)

(HRE3) Participate in a small range of physical activities Pages 89 and 90 (thinking about exercise), Page 91 (making exercise a habit), Page 92 (taking a survey), Pages 93 to 95 (getting ready to exercise), Pages 96 to 97 (your exercise plan), Pages 98 to 99 (exercise tips), Pages 104 to 105 (warming up / cooling down), Page 106 (choosing exercises),



Pages 107 to 126 (exercises / activities to try), Page 127 (evaluation), Appendix I: Exercise Plan

(HRE4) Demonstrate safe exercise practice, e.g. warming up, cooling down, dressing appropriately Page 23 (tennis clothing), Page 27 (ice-skating safety), Page 32 (safety when swimming), Page 35 (safety when cycling), Page 38 (gym safety), Page 41 (safety when walking), Page 42 (safety signs when walking), Page 43 (walking and texting), Page 51 (football safety tips), Page 86 (safety note on exercising), Pages 93 to 95 (getting ready to exercise and safety), Pages 98 to 99 (exercise tips - safety), Pages 100 to 103 (exercise safety), Pages 104 to 105 (warming up / cooling down)

(HRE5) Identify some benefits of exercise Pages 62 to 65 (why exercise is good for you), Pages 66 to 67 (energy in – energy out), Pages 68 to 72 (healthy heart), Pages 73 to 74 (exercise and stress), Pages 75 to 82 (exercise and healthy eating), Pages 87 to 88 (checking your pulse), Page 127 (evaluation)