

NAME:

GCSE PE

TOPIC 1.1.1

Revision Booklet

What is a Healthy, active lifestyle

If people want to live a healthy, active lifestyle they have to make choices such as:

- Taking part in physical activities
- Eating a balanced diet
- Avoiding harmful substances
- Sustaining friendships
- Having the ability to concentrate fully

Benefits of taking part in physical activities fall into 3 main categories:

-
-
-

TYPE:		
Example 1	Example 2	Example 3

TYPE:		
Example 1	Example 2	Example 3

TYPE:		
Example 1	Example 2	Example 3

Task

Explain the benefits someone could gain by going to gym on a regular basis?

Reasons for Taking Part in Physical Activities

There are 5 more reasons why people take part in physical activities. They are

1) Co-operation:

2) Competition:

3) For a Physical Challenge:

4) Aesthetic Appreciation:

5) Development of Friendship and Social Mixing:

TASK

Look at the two pictures below and explain the reasons for taking part in those sports as well as the benefits gained:

