

Year 10 Core PE Theory Worksheet: Fitness for Life & Health

Name: _____

Class: _____

Date: _____

Task 1: The 'Why' Behind Exercise

Even if we are not training to be professional athletes, staying active is crucial for our everyday lives. Match the long-term benefit of exercise to its real-world description by writing the correct letter (**A, B, C, or D**) in the middle column.

Benefit	Match Letter	Real-World Description
1. Mental Health	_____	A. Strengthening your heart and lungs so climbing stairs or walking to school feels easy and effortless.
2. Sleep Quality	_____	B. Releasing chemicals called endorphins in the brain that reduce stress, lift your mood, and help clear your mind.
3. Physical Stamina	_____	C. Building strong bones and joints now to prevent aches, pains, and injuries as you get older.
4. Long-Term Health	_____	D. Helping your body regulate its natural clock so you fall asleep faster and get deeper, more restful recovery at night.

Task 2: Spotting Gym & Fitness Myths

2. "Lifting weights or doing resistance training is bad for teenagers and will stunt your growth."

- Is this a **Fact** or a **Myth**?: _____
- **Why**?:

Task 3: Planning a "Home Workout" Menu

Imagine you want to stay active at home in the future without any expensive gym equipment or memberships. Look at the three categories below and write down **two different exercises** you can do using just your own body weight or household objects. (Examples: push-ups, squats, planks, walking up stairs, chair dips).

- **Category A: Upper Body Strength** (Working your arms, chest, or shoulders)

1. _____

2. _____

- **Category B: Lower Body Strength** (Working your legs and glutes)

1. _____

2. _____

- **Category C: Core & Balance** (Working your stomach and stability)

1. _____

2. _____

Task 4: Hot Weather Hydration Strategy

Because the school is closed today due to extreme heat, your body is working extra hard just to stay cool by sweating.

1. What is the easiest way to check if you are properly hydrated just by looking?

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2. Why should you avoid drinking highly caffeinated energy drinks or sugary fizzy drinks when you are trying to stay hydrated in a heatwave?

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