

Year 7 PE Theory Worksheet: Introduction to Healthy Active Lifestyles

Name: _____

Class: _____

Date: _____

Task 1: The Components of a Warm-Up

Before we take part in any physical activity, we must complete a warm-up to prepare our body and mind. Match the stage of a warm-up to its main purpose by writing the correct letter (**A, B, or C**) in the middle column.

Warm-Up Stage	Match Letter	Main Purpose / What it does
1. Pulse Raiser	_____	A. Moving joints through their full range of movement (e.g., arm circles, lunges) to loosen them up.
2. Mobility & Stretching	_____	B. Practising movements specific to the sport you are about to play (e.g., dribbling a ball or practicing a pass).
3. Skill Familiarisation	_____	C. Light exercise (e.g., jogging or skipping) to increase heart rate, blood flow, and body temperature.

Task 2: Why do we Warm Up? (circle the correct answers)

- To decrease the amount of oxygen reaching our muscles.
 - To reduce the risk of getting an injury (like a pulled muscle).
 - To make ourselves feel tired before the game starts.
 - To prepare our mind and focus on the sport ahead.
 - To increase the flexibility of our muscles and joints.
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Task 3: Healthy Hydration Choices

Because the school is closed today due to hot weather, staying hydrated is incredibly important even if you are just resting indoors. Look at the three drinks listed below and answer the questions.

Drink Options:

Drink A: Ice-cold plain tap water

Drink B: A highly caffeinated energy drink

Drink C: A sugary, fizzy soda drink

1. Which drink option (**A, B, or C**) is the absolute best choice to keep your body healthy and hydrated during a hot weather school closure?

Answer: _____

2. Give **one reason** why your chosen drink is better for your health than the other options.
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Task 4: Designing a Healthy Summer Snack

When it is very hot, eating heavy, greasy foods can make us feel sluggish. Design a healthy, refreshing snack that an athlete could eat on a hot summer afternoon.

- **Name of your healthy snack:**

- **List two main ingredients:**

1. _____

2. _____

- **Why is this a good choice for a hot day?** (*Hint: Does it contain water, fruit, or vitamins?*)
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