

Physical Education Grade 7 Answer Week1

1. (i) Physical education is an instructional process aiming at the physical ,social, mental and emotional development of an individual through a wide range of activities.

(ii) It consists of a group of exercises performed immediately before an activity and provides of adjustment from rest to exercise.
2. Physically : helps to improve cardiovascular health ,develop muscular strength and maintain fitness.
Mentally : helps to focus and pay attention.
Socially: gives us opportunity to socialise with other people.
3. Helps in proper growth and development.
Teaches value of ethical behaviour.
Maintain health and fitness.
Improves lifestyle.

4. Aims

Physical development.

Mental development.

Social development.

Emotional development.

Objectives

Health :generally keeping the body healthy.

Cardiovascular: keeping the heart and blood vessels in good condition.

Respiratory: regular exercise promotes healthy heart and lungs.

Muscle strength :makes the limbs of the body strong.

Education : physical education teaches students about the body and how it works.

Sports : physical education teaches students how to play a variety of sports.

Relaxing: providing a break from regular academic studies.

Fun: provide a play based.

5. Prepare the body and the mind for the activity.

Increase in body temperature.

Increase heart rate.

Increase breathing rate.

6. Squat.

Lunges.

Jumping jack.

7. The modern society has led human being into more sedentary lifestyle ;a way of life where less time is allocated to physical activities and more time to non healthy activities . modernisation and technology should create more time for people to take part in physical activities ,such as sports and exercise; however they are acting as barriers for people ,encouraging them to indulge in sedentary activities.

8. (i) False.

(ii) True.

(iii) False.

(iv) True.

9. The warm up is an essential part of a good conditioning programme. It consist of a group of exercise performed immediately before an activity and provides an athlete with a period of adjustment from rest to exercise . These exercises are designed to improve the performance and reduce the chance of injury by mobilising the athlete mentally as well as physically.