

Physical Education Grade 7 Tutorial1

1. Define

(i) Physical Education

(ii) Warming up

2. How can physical education help us mentally , physically and socially?

3. List the importance of physical Education.

6. State the aims and objectives of physical education.

8. Why warming up is important?

9. List the examples of warming up activities.

4. Fill in the blanks with the following words:

sports, healthy, sedentary, technology

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

5. State True or false

- (i) Physical education does not give opportunity to socialise.
- (ii) Physical education improves lifestyle.
- (iii) Physical education is meant only for boys.
- (iv) Physical education helps us physically , mentally and socially.

10. Fill in the blanks with the following words:

exercise, performance, essential, activity

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