

STAGE 4 PDHPE – 2021 TERM 3 REMOTE LEARNING Workbook 4 – Wk 8

Miss Wrightson

Dear students and parents,
This term, students will be learning about the body and the changes that occur during puberty. This work booklet will assist students in understanding the physical, social and emotional changes that they may face during this time.

If you require any assistance, please email Miss Wrightson -
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Learning from Home Checklist

Thank you for continuing to complete your work. You would have received an email to let you know that your assessment tasks for this term have been canceled. You are still required to submit your PDHPE assessment task to the best of your ability. This will go towards your completed learning from home tasks. Thank you to those that have already done so.

If you have finished your Passport to the body task, you can work through this booklet.

This week, we are focusing on our bodies, physical activity and wellbeing. Please continue to attempt all questions to the best of your ability and remember to get out and get active.

Also, this week there is a physical activity tracker to fill in. Fill in the physical activities you have done for the week. It could be mowing the lawn, walking the dog, going for a walk, fitness circuit, shooting hoops, passing the footy or anything else you can think of.

If I can help with anything, please don't hesitate to email me or contact me through Google Classroom.

I look forward to catching up with you when we can.

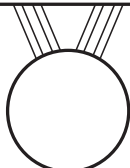
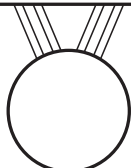
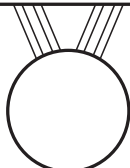
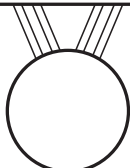
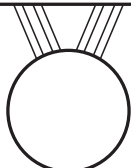
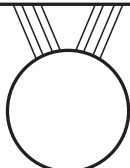
Miss Wrightson

Name: _____

HOW DID YOU GET ACTIVE THIS WEEK?

What is your physical activity goal for this week? _____

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
G GOLD vigorous activities <small>Ex. Running, rugby, badminton</small>	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY
	TIME	TIME	TIME	TIME	TIME	TIME	TIME
	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️
S SILVER moderate activities <small>Ex. Swimming, skateboarding and bike riding</small>	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY
	TIME	TIME	TIME	TIME	TIME	TIME	TIME
	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️
B BRONZE strenghtening activities <small>Ex. Walking, yoga and jumping rope</small>	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY
	TIME	TIME	TIME	TIME	TIME	TIME	TIME
	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️



SCHOOL PROGRAM
PROGRAMME SCOLAIRE



Who helped you to reach your physical activity goal this week? _____



Cultural influences on physical activity

Find more information in subtopic 9.2.

The health benefits of being physically active are huge, yet many people are not active. In this subtopic you will explore the reasons why some people are active and why others are not. In addition, you will learn new games and activities from Indigenous Australians and across the globe!

Factors influencing choices

The choices people make about how they spend their leisure time are influenced by a wide range of factors. Some of these relate directly to an individual, such as their family or background, while others are linked to the social and physical environment.

Complete the following table by listing examples of each of the barriers to being active.

Individual factors	
Social environmental factors	
Physical environmental factors	
Policy factors	
Socioeconomic factors	

What types of physical activity are available in your community?

Cultural influences on physical activity

The cultural influences that exist within a community are one significant factor that can have an impact on the amount and types of physical activity undertaken within that community.

Can you identify any cultural influences that exist within your community?

Cultural influences often shape the behaviours expected within a community and shape the importance placed on things such as art, religion, family and sport.

What do you think plays a significant part in our national culture? Does this also play a significant part within your community?

Change in Australia's sporting landscape

Australia's sporting landscape changed over the past 100 years.

In the early 1900s the sporting landscape in Australia was dominated by:

The current sporting landscape is dominated by:

Which sport is referred to as the 'world game'? _____

Why is it called the world game?

Impacts of nature on health and wellbeing

Find more information in subtopic 9.3.

The natural environment comprises naturally occurring elements, both living and non-living, such as trees, beaches, rocks, mountains, rainforests, creeks and rivers, and wetlands. The natural environment is less obvious in our urbanised communities because the built environment is so dominant. Although the health benefits of being closer to nature are not new, research is now confirming what we long believed was true — that being outdoors makes us feel good. Although 'feeling good' is hard to measure, you can link it to some broad health benefits.

Our natural environment

Use your own words to define the following key terms.

Built environment

Natural environment

How is the natural environment linked to our personal wellbeing?

Benefits of being outdoors

Spending time outdoors is good for us, but Australians spend as much as 90 per cent of their time indoors.

How much time do you spend indoors? How could you increase the amount of time spend outdoors?

Being in touch with the natural environment has an impact on our health and wellbeing.

What are some explanations for this?

What is the circadian rhythm?

Go outdoors

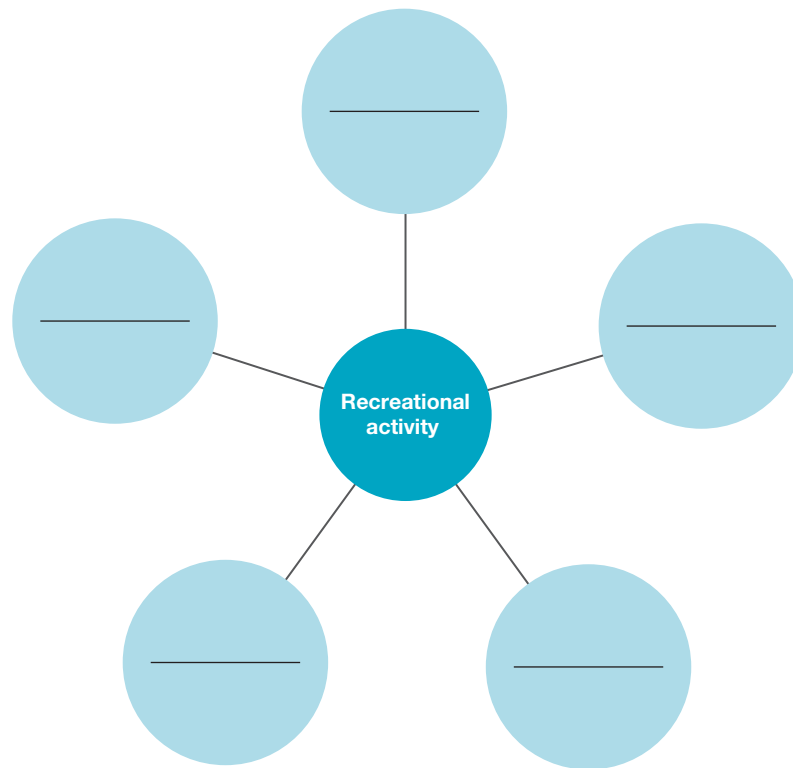
Find more information in subtopic 9.4.

Outdoor experiences are both challenging and rewarding. They provide relief from the often highly structured indoor way of life. Orienteering and bushwalking are two popular outdoor activities, but there are many others to enjoy.

Recreational activity

There are many recreational and adventure activities from which we can choose.

What recreational activities do you participate in? Add them to the mind map below.



List some benefits of recreational activity.

Components of a balanced lifestyle

Find more information in subtopic 9.5.

A balanced lifestyle means having a healthy balance between time spent working, at home, with family and on personal hobbies or pursuits. Having a balanced lifestyle is considered essential to good physical and mental health. Often, by making simple changes to your habits or routines, the balance can be readily shifted in favour of better personal health.

Lifestyle components

How do you maintain a balanced lifestyle?

Rest

Use the words below to complete the paragraph.

mental	concentrate	stress	energy	lifestyle
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Rest is an important _____ component because it restores our ability to _____ and provides time for the body to replenish its _____ stores. During rest, our _____ activity slows down, allowing our mind to be refreshed. The effect of continuous mental effort creates tension in muscles, leading to a condition called _____.

What is the difference between rest and sleep?

Sleep

Use the words below to complete the sentences that follow.

eight to 10	natural	increasing	quarter	exercise
difficult	decreasing	food	third	12 to 14

Sleep is a _____ process for the body.

We spend almost a _____ of our lives asleep.

Most adolescents require about _____ hours of sleep per night, with this amount _____ as we get older.

The most useful way to ensure sound and extended sleep each night is by having adequate _____ during the day.

There are three stages of sleep.

What are they?

1	
2	
3	

Which stage is most important? Why?

Leisure and recreation

The inclusion of sufficient leisure and recreational activity in our lifestyle is important because it provides a break from work, chores and matters we must attend to, such as assignments and study.

Hobbies are excellent leisure-time activities because they appeal to our creative instincts. List some hobbies that fall under the following headings.

Literary	Artistic	Technological	Scientific