

Physical activity and fitness

Check it

THEME 1 BEING ACTIVE

N HD1/E3.1

1 Look at the chart below. How many calories will you use in $\frac{1}{2}$ hour of weeding?

- A 55
- B 110
- C 130

Calories used			
Activity	$\frac{1}{4}$ hour	$\frac{1}{2}$ hour	1 hour
Washing the car	65	130	260
Weeding	55	110	220
Dusting	35	70	140

THEME 2 USING LEISURE FACILITIES

N MSS1/L1.3

2 If yoga starts at 7:45 pm, what time will that be on the 24-hour clock?

- A 07:45
- B 17:45
- C 18:45
- D 19:45

THEME 3 FOLLOWING A MOVEMENT CLASS

E Rw/E3.1a

3 Which of these means the same as 'tummy'?

- A belly button
- B tuck
- C stomach

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THEME 4 HEART RATE AND PULSE

N N2/L1.3

- 4 What is the same as 50% of your maximum heart rate?
- A $\frac{1}{3}$ of your maximum heart rate
 - B $\frac{1}{2}$ of your maximum heart rate
 - C $\frac{1}{4}$ of your maximum heart rate
 - D $\frac{3}{4}$ of your maximum heart rate

Highlighted curriculum items [] = included in National Tests

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ANSWERS

- 1 B
- 2 D
- 3 C
- 4 B