

Grade 11 Worksheet Physical Education

History and Development of Physical Education and Sports

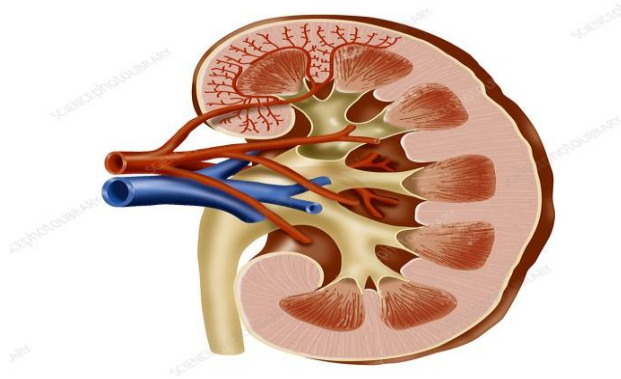
1) State **ONE** Similarity and **ONE** Difference between Physical Education and Sport

2) Name **TWO** regional sporting organization and state ONE role that EACH organization has played in the development of sport.

Regional Organization	Role

Anatomy and Physiology

3) Figure 1 is a diagram of the Kidney. Identify the parts labelled **Cortex**, **Medulla**, **Pelvis**



4) Complete the following table by naming ONE organ found in EACH system and explaining the role of the organ in physical activity.

System	Organ	Role of the Organ in Physical Activity
Circulatory System		
Respiratory System		
Digestive System		

5) State ONE Physiological and ONE environmental factor that may impact on sports performance.

Physiological Factor

Environmental Factor

6) Outline the importance of the following principles of training

Progression

Overload

Reversibility

7) Outline **TWO** differences between the 'Fartlek Training Method' and 'Circuit Training Method'.

Health and Nutrition

8) Define the term 'Balanced Diet'

9) Name **THREE** nutrients that are important for athletes to consume.

10) Plan a meal that is suitable for a sixteen year old football player to eat three to four hours before a match.

Trend and Social Issues

11) Suggest **THREE** reason why the government should invest in Sport.

12) Outline **THREE** ways in which the Coronavirus (Covid-19) has affected Sport right around the world.
