5.1 Health, Fitness and Wellbeing: Physical, Emotional and Social Health and Wellbeing: 10-minute Pack

AQA 8582 · Calculators not allowed · about 10 minutes

Total Marks

Name: _____ Date: ____ / ____ / _____

Answer ALL questions. Show all your working.

1 Which term describes a person's ability to cope with the normal stresses of life and maintain a positive, stable mood?

- ☐ A) Physical health
- ☐ B) Emotional health
- ☐ C) Social health
- ☐ D) Physical fitness

(Total for Question 1 is 1 mark)

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2 State one example of a physical wellbeing benefit of regular physical activity.

(Total for Question 2 is 1 mark)

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3 Which of the following is most likely to be an example of a social benefit of physical activity?

- ☐ A) Falling asleep more easily after an active day
- ☐ B) A lower resting heart rate after months of training
- ☐ C) Feeling part of a team after joining a weekly netball session
- ☐ D) Increased flexibility from regular stretching

(Total for Question 3 is 1 mark)

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4 Discuss the physical, emotional and social wellbeing benefits that regular participation in physical activity could provide, using Oliwia, a Year 10 student who has just joined her school's badminton club having not previously been part of a club, as your example, and evaluate which type of benefit is likely to matter most to a performer in her situation.

(Total for Question 4 is 9 marks)

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Mark scheme · 5.1 Health, Fitness and Wellbeing: Physical, Emotional and Social Health and Wellbeing: 10-minute Pack

Question 1

B **B1**

Answer: B

Question 2

improved cardiovascular fitness, or stronger muscles and bones, oe **B1**

Answer: Improved cardiovascular fitness.

Question 3

C **B1**

Answer: C

Question 4

Level 3 A detailed and coherent response that accurately explains physical, emotional and social wellbeing benefits, applies them specifically to Oliwia's situation as a newcomer to a club, and reaches a well-justified evaluative judgement about which type of benefit matters most for her. Sustained, accurate use of health and wellbeing terminology throughout. **7-9**

Level 2 Some accurate coverage of physical, emotional and/or social benefits, with some application to Oliwia's situation, though coverage of all three dimensions or the evaluative judgement may be underdeveloped or one-sided. Generally correct use of terminology. **4-6**

Level 1 Basic or generic statements about the benefits of physical activity with little or no specific application to Oliwia's situation and little evaluation of which benefit matters most. **1-3**

Level 0 No relevant content. **0**

Indicative content:

- Physical benefit: playing badminton regularly can improve Oliwia's cardiovascular endurance and muscular fitness through repeated rallies and movement around the court.
- Physical benefit: regular participation also supports the healthy functioning of body systems more generally, e.g. the cardio-respiratory system.
- Emotional benefit: taking up a new activity and developing a new skill can build Oliwia's confidence and sense of achievement.
- Emotional benefit: regular activity is linked to stress relief and an improved, more stable mood.
- Social benefit: joining a club gives Oliwia the chance to make new friends and build relationships with other members she did not previously know.
- Social benefit: badminton doubles specifically requires communication and cooperation with a partner, which can strengthen social skills.
- Evaluative point: because Oliwia has not previously been part of a club, the social benefits (making friends, building a support network within the club) may matter most in the short term, since a positive social experience is likely to determine whether she keeps attending, before larger physical fitness gains have had time to build up.
- Evaluative point: over a longer period, all three dimensions are likely to become important together, since sustained emotional motivation and social support are what allow the physical benefits to accumulate through continued attendance.
- Balanced conclusion: no single benefit type should be seen as more 'real' than the others; the judgement is about which is most likely to matter first for someone new to a club, not about which benefit is most valuable overall.

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