

Body and Mind Summative Assessment

Your first and last name

English, Maths, Physical Education & Science

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6 April 2023

Introduction

(wait to do with miss s)

Lung Capacity Scientific Investigation

Aim

Hypothesis

Variables

Method

Results

Conclusion of Experiment

Exploring the Respiratory System Through Components of Fitness and Principles of

Training

Question 1: *Describe your own Components of fitness and how you improved it by using the Principles of training.*

Question 2. *Describe the important features of the respiratory system in your own words, and explain WHY we need to breathe. Link this to the cardiovascular system. (You may include a hand-drawn diagram to help you answer this question).*

Your answer not in italics

Question 3. *Explain how your FITT principles can help with your cardiovascular endurance.*

Your answer here not in italics

Question 4. *(Beyond) Discuss why an athlete's vital lung capacity is greater than the vital capacity of a person who does less exercise. How does this relate to Components of Fitness and the Principles of training?*

Your answer here not in italics

Conclusion

(wait to do with miss s)

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