

Sports For All (Level 3) Assessment Questions

Football for Thought

1. Explain the difference between aerobic, and anaerobic respiration.
2. Observe the image below, and answer the following questions:



- A) What is the formation of the blue team? (Defenders - Midfielders - Forward)
 - B) What is the formation of the red team?
 - C) In which position would you place the fastest sprinters? Why?
 - D) In which position would you place footballers with high endurance and the ability to make long passes? Why?
3. Why does our heart rate increase while exercising?
 4. A 'digit' is the width of your finger. If you had to create a model of a football pitch to scale and the length of the pitch was 130 yards, how many digits would you count to draw the length?
 5. Imagine you are a chef. Using the information provided in the table below, suggest a balanced diet that:

Food type	Average Diet	Ideal Soccer Players Diet
Carbohydrate	46%	60%
Fat	38%	25%
Protein	16%	15%

- A) a football player can have for lunch.
 - B) an average person can have for lunch.
6. Aria is 20 years old. What is the Maximum Heart Rate (MHR) - the limit her heart rate should not exceed?

A Game of Football

1. What body parts help us perform warm-up exercises like stretching and running?

2. Describe how wings are adapted for flight in birds and bats, highlighting structural differences.
3. How can we keep our bones and muscles healthy?
4. How do snakes move without legs?
5. How can understanding the concepts of motion and distance improve your performance in football?
6. How can measuring objects help us in designing a football field?
7. Why do animals like snakes and worms use crawling as their primary mode of movement?
8. Why is it important to have standard units of measurement? What are some standard units of measurement used today?
9. How does the movement of animals help them survive in their environment?
10. What are the purposes of the shapes found in a football field (e.g., center circle, goal area)?

The Fitness Challenge

1. Arrange the following steps for data collection in the correct order:
 - A) Collect the data
 - B) Act on the results
 - C) Decide what the goal is.
 - D) Analyze and interpret the findings.
 - E) Decide how data will be collected and organized.
 - F) Decide what data needs to be collected.
2. You have collected data on your classmates' favorite exercises. Use the following data to create a detailed pictograph. Ensure that your pictograph includes a key, labels, and an appropriate scale.

Data:

 - 8 students prefer running.
 - 6 students prefer swimming.
 - 10 students prefer cycling.
 - 4 students prefer yoga.
3. You have collected data on the stamina of your classmates by measuring how long they can run continuously without stopping. The data is recorded using tally marks. Use the data provided below to answer the following questions:

Continuous Running Time	Tally Marks
5 minutes	
10 minutes	
15 minutes	
20 minutes	

- A) How many students participated in the stamina test in total?
 - B) Which running time had the highest number of students?
 - C) What is the difference between the number of students who could run for 20 minutes and those who could not?
 - D) If you want all your classmates to be able to run for 20 minutes continuously, what recommendations would you give them to improve their overall stamina?
4. Research suggests a link between physical fitness and academic performance. The greater the fitness levels, the better the academic performance.
- A) Do you agree with this? Why or why not?
 - B) What kind of data will you collect to test this?

Our Local Cricket Hub

1. True or False:
 - A) The perimeter of a shape is the length of its boundary.
 - B) We can only calculate the perimeters of rectangles, not circles.
2. A) Calculate the perimeter of the rectangular cricket pitch using the given dimensions (length = 20 meters, breadth = 3 meters).

B) If a cricket stadium has 4 seating sections, and each section can hold 250 spectators, how many spectators can the stadium hold in total?
3. During a cricket match, Team A scored a total of 240 runs in 50 overs.
 - A) The highest individual score by a batsman was 75 runs. How many runs were scored by the rest of the team combined?
 - B) Team B is currently batting and is scoring 5 runs per over. If they continue playing the same way without losing wickets, can they win the match?
4. You are planning to build a cricket stadium for your community. The estimated costs for various elements of the stadium are as follows:
 - Seating for spectators: \$15,000
 - Stadium lights: \$8,500
 - Dressing rooms: \$12,750

Toilets: \$4,300

Canteen: \$5,600

- Calculate the total estimated cost to build the stadium.
- If you want to divide the total cost equally among 25 investors, how much would each investor need to contribute?
- If the cost of each stadium light is \$100, how many stadium lights can you buy with the total budget allocated for stadium lights?

5. Think about the impact of building a cricket stadium in your community. Describe at least three ways the stadium could positively affect your community.