

# GCSE Physical Education

Research tasks

The OCR logo is centered within a white circle on a dark blue background. The letters 'OCR' are in a bold, dark blue, sans-serif font with a slight 3D effect.

**OCR**

Oxford Cambridge and RSA

# Health, fitness and well-being

## Task 1

- Find the definitions of **health**, **fitness** and **well being**
- How are they different from each other?



**PHYSICAL  
EDUCATION**

# Health, fitness and well-being

## Task 2

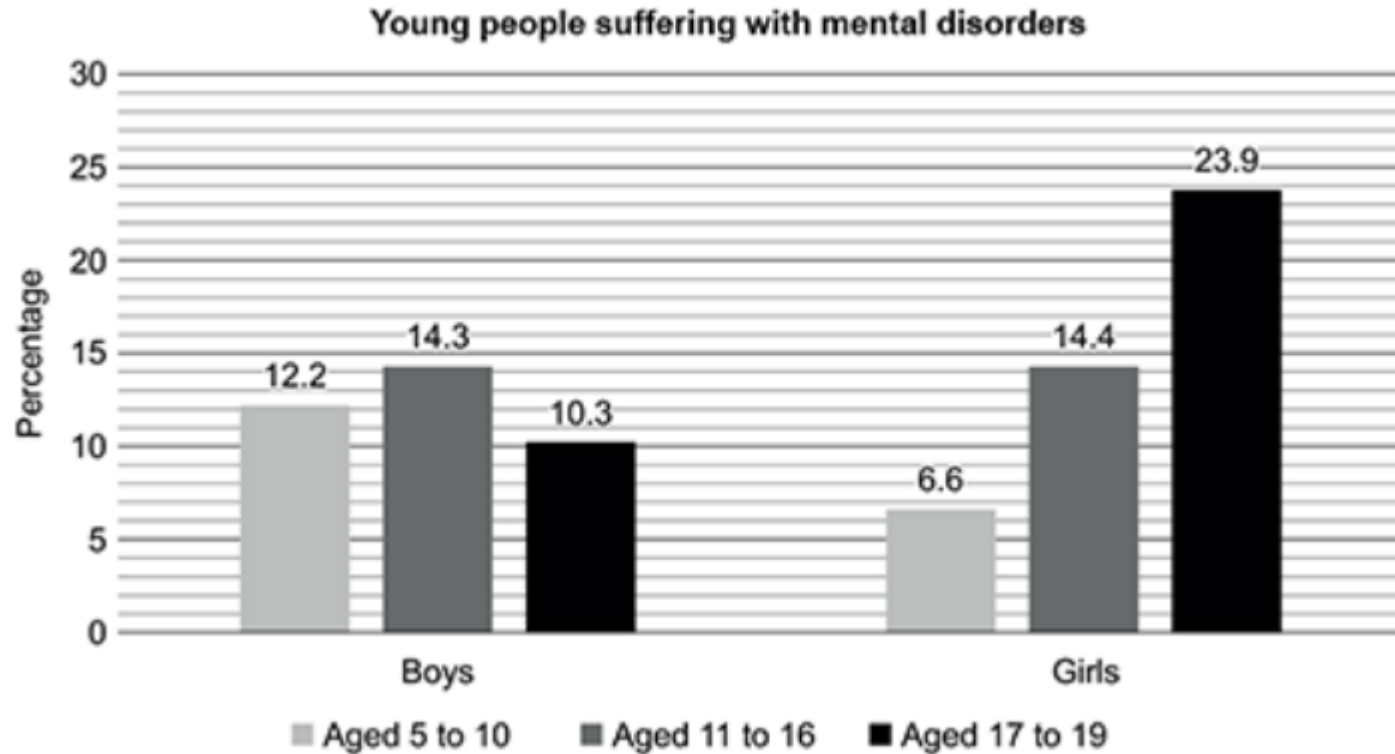
- What are the **benefits** of taking part in physical activity?
- Split your list into **physical**, **emotional** and **social** benefits



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# Health, fitness and well-being

## Task 3



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- ❑ Describe two **trends or patterns** that you can see in the data