

Readiwriter

Spelling

Series

H

PD/H/PE

Student Book



PEG Spelling
Team Series
Authors

Student name:

PD/H/PE - Unit 1

Dictation

1. Health issues can impact on how we cope with life.
2. A physical lifestyle will help our growth and development.
3. Relationships with others can influence and affect our behaviour.

Hidden Words

Find the hidden word in each list word that matches the meaning.

A form of transport in abuse	bus
To restore to health in health	
An agreement in impact	
To institute legal proceedings in issue	
A writer or author in describe	
Musical note in minimize	
To deprive of life in skills	
Smoke passage in a chimney in influence	

Correct the errors. (There are 13 altogether.)

1. Locomotor and non-locomotor are two difrent types of movment skills.
2. Many ishues can have an impact on our helth.
3. Safe atitudes can help minnimise harm.
4. Some people's behaviour can put there health at risk.
5. Phisical activity is and essental part of a balanced lifestyle.
6. Positive family relationships are important in helping poeple to cope with problems.

Find a word from the list that means the same as these.

ill-treat	_____	decrease	_____
hazard	_____	examine	_____
fitness	_____	encourage	_____
rest	_____	persuade	_____
influence	_____	bodily	_____

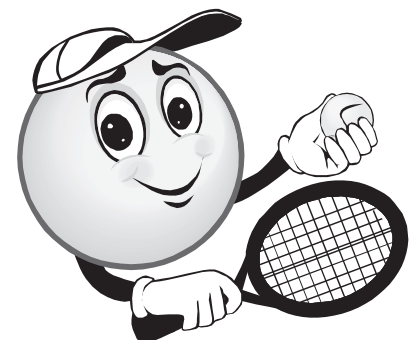
-ment is a suffix of nouns.

Match these -ment words with their meanings.

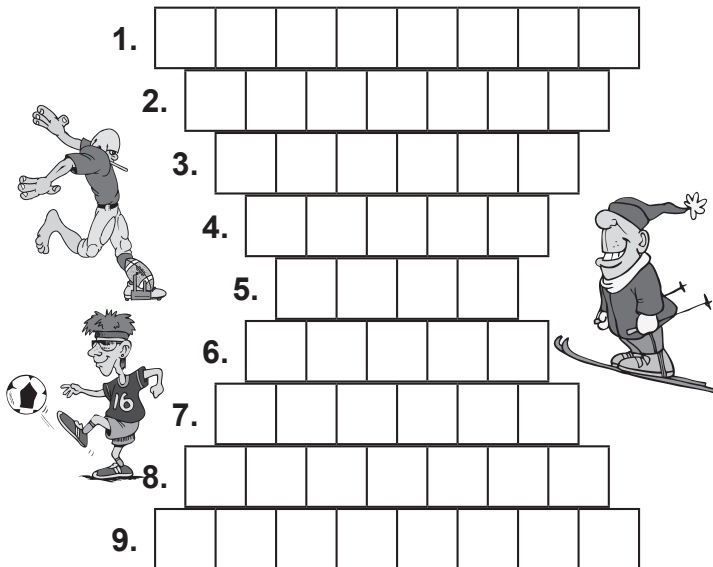
movement	•	• An imposition or obligation
enjoyment	•	• Direction or control
requirement	•	• Disturbing persistently
implement	•	• The conditions in which an organism lives
management	•	• The act , process or result of moving
harassment	•	• A means or an agent
environment	•	• Experiencing with pleasure
refreshment	•	• Overwhelming surprise or astonishment
amazement	•	• Food or drink that refreshes

Copy the list words.

1.	risk	
2.	cope	
3.	skills	
4.	abuse	
5.	health	
6.	impact	
7.	issues	
8.	support	
9.	movement	
10.	lifestyle	
11.	describe	
12.	physical	
13.	development	
14.	minimise	
15.	behaviour	
16.	analyse	
17.	influence	
18.	leisure	
19.	relationships	
20.	strategies	



Can you finish this puzzle in the time it takes to boil an egg? The answers are synonyms for the clues.



- | | |
|-------------|---------------|
| 1. reduce | 6. competence |
| 2. prop | 7. well-being |
| 3. problems | 8. appraise |
| 4. violate | 9. bodily |
| 5. danger | |

How many words of three letters or more can you make? All words must contain the middle letter. One word uses all the letters.

28 words - excellent, 22 words - very good, 18 words - good

s	l	f
e	e	y
i	t	l

Rearrange each group of letters to form a word. Circle the one word in each line that describes what the other words are a part of. The first one is done for you.

ptrlinehaosis	aylfim	epres	srefnid	lgir / oby
<u>relationships</u>	family	peers	friends	girl / boy
1. tauiqsac	agmse	emmntove	ndeca	ittsahlec
2. odoritcnoian	esedp	eaabnlc	lsilks	wpeor
3. erts	fletliesy	pesel	coslho	eesluir
4. dpese	ksir	sgdru	chalolo	srepe

The letters of the word **behaviour** need to be placed in the grid so that each horizontal row and vertical column contains a different letter. As well, each of the nine blocks of smaller squares should contain a different letter, that make up the word **behaviour**. Some letters have been placed for you.

e				h		r		o
i		h			u			
			b	e			a	
b				o		v	i	
	h							
		o			r		h	a
u			e			i	r	
	b		r					
	e				b			h

Lifestyle is a compound word. Match a smaller word from each column to make a compound word, then write the meaning of the new word.

relation	come	1. _____
over	able	2. _____
under	ships	3. _____
comfort	long	4. _____
life	stand	5. _____

Writing Ideas

Analyse your current levels of physical activity and discuss how adequate it is for health and fitness.

PD/H/PE - Unit 2

Dictation

1. You should consider your self image and not neglect it.
2. Harassment and bullying cause conflict, not only in puberty.
3. In adolescence, you might need to negotiate your independence with parents.

Find smaller words of 3 or 4 letters.

barriers _____ self _____
 consider _____ relevant _____
 evaluate _____ image _____
 networks _____ bullying _____
 maturity _____ diversity _____
 harassment _____ negotiate _____
 conflict _____ puberty _____
 dependence _____ adolescence _____

Circle the odd one out in each row and explain why it is the odd one out.

1. sorrow cry grief laughter sadness
2. ignore neglect omit care disregard
3. image likeness reflection representation contrast
4. obstacles barriers freedom restraints obstructions
5. independence control freedom exemption solo
6. disjointed relevant pertinent connected concerning

Syllacrostic Fill in the answers to the clues by choosing the correct syllables from the box. Each syllable can only be used once, and the number of syllables is in brackets.

AD ATE ASS
 BARR BER
 BULL CON
 DENCE DE DI
 E ATE ENCE
 ERS FLICT
 GO HAR I IN
 ING LESC MAT
 MENT NE O
 PEN PU REL
 RIT SI TI TY
 TY U U VAL
 VANT VER Y
 Y E

1. to ascertain the value of _____(4)
2. variety, difference _____(4)
3. to arrange for, or bring about by discussion _____(4)
4. connected to the matter at hand _____(3)
5. time between puberty and adulthood _____(4)
6. the state of being mature _____(4)
7. battle or struggle _____(2)
8. limits or boundaries _____(3)
9. freedom from the influence of others _____(4)
10. persistent disturbance and torment _____(3)
11. stage in life when a person's reproductive organs become able to function.
 _____(3)
12. hurting or intimidating others _____(3)

Copy the list words.

1.	self	
2.	image	
3.	networks	
4.	peers	
5.	neglect	
6.	grief	
7.	consider	
8.	conflict	
9.	bullying	
10.	maturity	
11.	puberty	
12.	barriers	
13.	diversity	
14.	harassment	
15.	relevant	
16.	evaluate	
17.	negotiate	
18.	dependence	
19.	adolescence	
20.	independence	

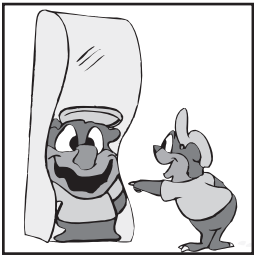
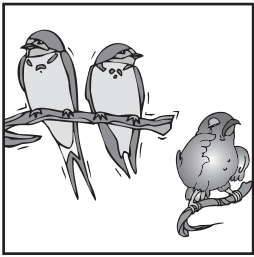
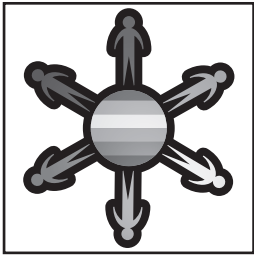
Write the base words for these, then write 2 other words that use the same base word.

harassment	harass		
adolescence			
maturity			
bullying			
independence			
diversity			

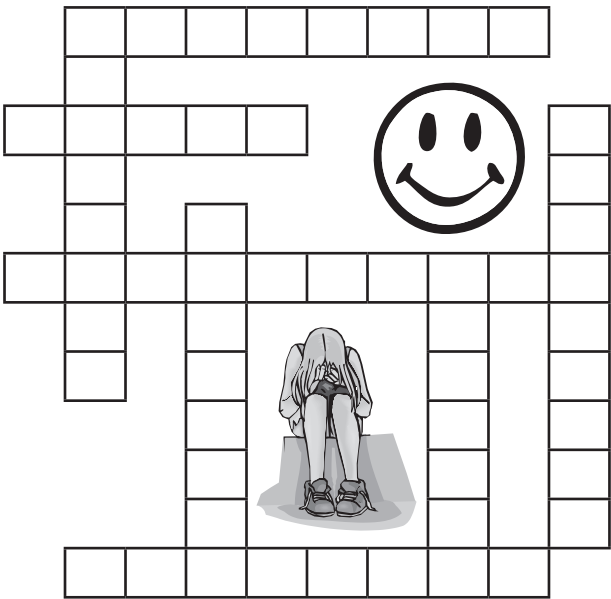
Add the correct word endings.

	bullying	
consider		
neglect		
conflict		
evaluate		
		negotiated

What image do these pictures convey? (Use words from your list.)



Find the antonyms of these from the list words, then fit them into the crossword.



Self can be a prefix meaning to or done to oneself. How many words can you think of with this prefix? e.g. self-conscious

care _____

same _____

space _____

irrelevant _____

happiness _____

friendship _____

immaturity _____

independence _____

Writing Ideas

Consider the challenges that may face young people. Evaluate strategies that they could use to meet these challenges e.g. *Challenge: family breakup Strategies: counselling, friendships, sibling support etc.*

PD/H/PE - Unit 3

Dictation

1. An awareness of body control is needed for dance and aquatics.
2. When performing routines in gymnastics, many hours of practice are necessary.
3. Proficiency in offensive and defensive technique improve an athlete's skill.

Fill in the missing list words.

- _____, cultural, social and current are all different contexts of _____.
- Water safety skills, water games and sports are all types of _____ activities.
- It is important to _____ both _____ and _____ strategies in playing games.
- _____ and _____ are the two areas of athletics.

Choose the correct word.

1. I needed a (new / knew) tennis (racket / racquet).
2. The cockatoos were making such a (racket / racquet) that we couldn't (here / hear) the phone (wring / ring).
3. (Racket / Racquet) ball is played on a squash (court / caught) and can make a lot of (racket / racquet).
4. To be good at sport, you need to (practise / practice) regularly.
5. I (practise / practice) shooting goals every day.
6. It is common (practise / practice) amongst elite athletes to (practise / practice) for many hours every day.

Match these con words using the clues.

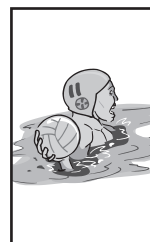
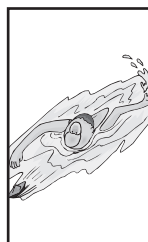
- | | |
|----------|------------------------------------|
| 1. c o n | 1. Brief and comprehensive. |
| 2. c o n | 2. to exercise restraint. |
| 3. c o n | 3. be of interest or important to. |
| 4. c o n | 4. A thought, idea or notion. |
| 5. c o n | 5. To injure the brain. |
| 6. c o n | 6. To bring to an end. |
| 7. c o n | 7. To contemplate mentally. |
| 8. c o n | 8. State of health. |
| 9. c o n | 9. Focus on. |

condition
concuss
concern
concise
consider
concentrate
control
concept
conclude

Copy the list words.

1.	track	
2.	dance	
3.	control	
4.	offer	
5.	field	
6.	aquatics	
7.	awareness	
8.	concise	
9.	performing	
10.	racquet	
11.	manipulation	
12.	practice	
13.	routines	
14.	gymnastics	
15.	defensive	
16.	offensive	
17.	stimuli	
18.	contemporary	
19.	technique	
20.	proficiency	

Identify the type of movement or skill being practised using list words. A word can be used more than once.

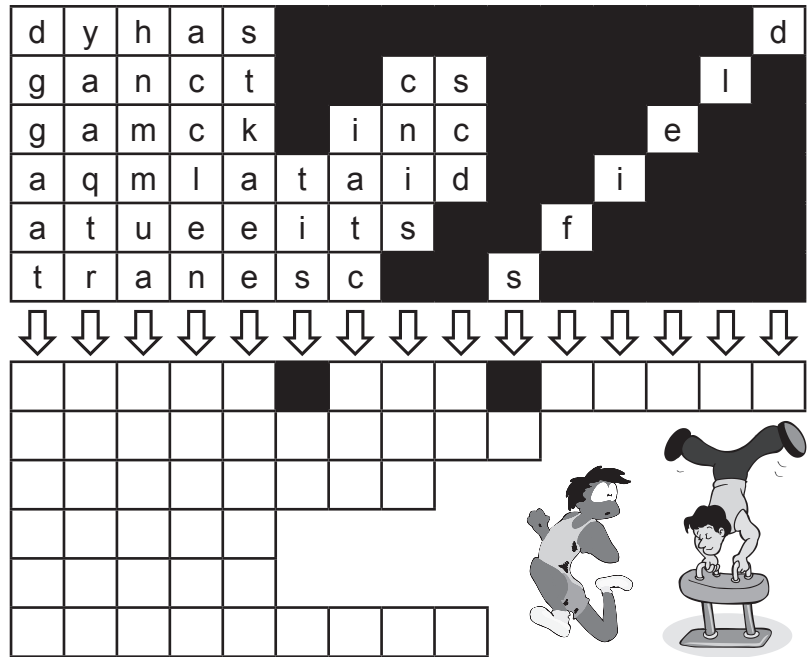


1. Part of the athletics discipline.

2. Exercises which develop flexibility, strength and agility. _____
3. Sports practised on or in water.

4. Successive group of rhythmical steps.

5. Sport of any kind. _____
6. Running, hurdles, walking, sprints are all _____ events.



peter McMahon's Olympic dream ended in disterous circumstances this week when he fel while practising and brock his colerbone peter had helped put australa in a leeding positon in the Olympic Teams showjumping competion, but was in hospitle when his three team mates went into the final round As a result, the australan team finishd nineth overall, the best resultt in almost 50 years.

1. jazz	hiphop	dance	modern	classical	ballet
2. aquatics	swimming	diving	water polo	synchronised	swimming
3. hurdles	marathon	sprint	track	walk	steeplechase
4. discus	high jump	long jump	shotput	javelin	field
5. gymnastics	vault	rings	ribbon	parallel bars	uneven bars

















Design a concise sequence of exercises to develop a particular skill. Offer reasons why these exercises will enhance proficiency for your chosen sport.

PD/H/PE - Unit 4

Dictation

- Good nutritional habits are part of a balanced diet.
- Emotional, spiritual and physical health are the advantages of a healthy lifestyle.
- Doctors can inoculate against some contagious and communicable diseases.

pre is a prefix meaning **before**. Match these **pre** words to their meanings.

prescribed			before the usual or proper time.
prehistoric			having abilities developed earlier than usual.
premature			introductory section
precocious			required before something can happen
preview			before written records were made
preamble			advance view
preconceived			course or rule to be followed
prerequisite			formed beforehand

Find a list word that is a synonym for these, then locate them in the wordfind.

customs _____

alcohol _____

illness _____

evolution _____

bodily _____

food _____

medicate _____

revive _____

benefits _____

imposed _____

illnesses _____

circumstances _____

r	t	n	a	l	u	m	i	t	s	a
s	c	i	t	e	n	e	g	e	l	d
n	a	t	d	i	s	e	a	s	e	v
o	v	i	r	u	s	e	s	b	i	a
i	o	n	n	s	h	i	i	p	s	n
t	n	u	t	o	r	r	i	t	i	t
i	o	d	n	l	c	i	f	e	s	a
d	t	y	i	s	l	u	e	s	a	g
n	f	e	e	e	t	y	l	d	r	e
o	u	r	g	s	t	i	b	a	h	s
c	p	h	y	s	i	c	a	l	t	s
r	e	s	u	s	c	i	t	a	t	e

The leftover letters spell out some things that can affect our health.

_____ | _____

_____ | _____

Target Word

How many words of 4 letters or more can you make using these letters? Each word must contain the middle letter. 30 = excellent, 25 = very good, 20 = good

e	t	i	_____
o	a	o	_____
l	n	m	_____

Copy the list words.

1.	diet	
2.	habits	
3.	disease	
4.	conditions	
5.	prescribed	
6.	viruses	
7.	nutritional	
8.	physical	
9.	genetics	
10.	stimulants	
11.	advantages	
12.	emotional	
13.	spiritual	
14.	inoculate	
15.	disadvantages	
16.	depressants	
17.	resuscitate	
18.	communicable	
19.	contagious	
20.	anaphylactic	

Anagrams

Answers are list words.

tide _____

sea side _____

coin so dint _____

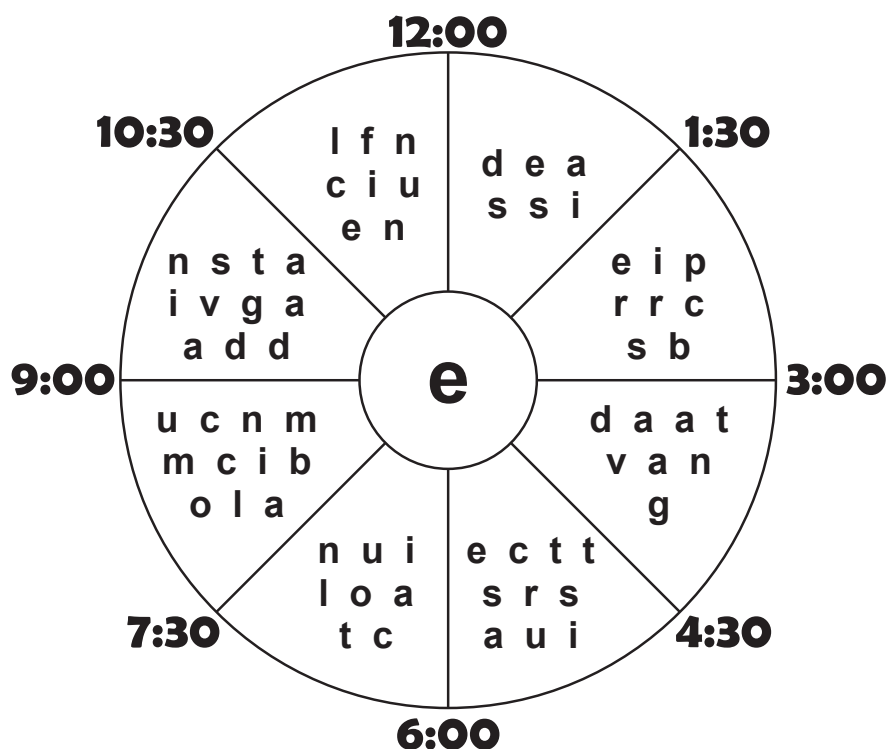
bath is _____

crisp breed _____

a shy clip _____

since get _____

sad van gate _____





Travel around the clock, making 8 words that all end with the middle letter. All except one is based on a list word that means to have an affect on. That word is _____.

12:00 _____
 1:30 _____
 3:00 _____
 4:30 _____
 6:00 _____
 7:30 _____
 9:00 _____
 10:30 _____

Finish these list words by adding a three letter word that matches where the picture is.

g e  i c s p r e s c r i  d i  s e

s t i m u l  s a d  t a g e s h a  s

d i  v a n t a g e s c o n  i o u s

Then make up two of your own and ask a friend to solve them.

Take a group of letters from each column to make a list word.

1st	2nd	3rd
con	phyl	es
de	u	lants
ana	tag	ants
vi	et	late
inoc	press	ics
gen	u	al
stim	tion	actic
emo	rus	ious

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Writing Ideas

List the advantages and disadvantages of trying to live and maintain a healthy lifestyle.

PD/H/PE - Unit 5

Dictation

- Record your strength, speed and agility over a month.
- Muscular reaction and coordination will help with a balanced, physical health.
- Flexibility and endurance are components of fitness.

Find a smaller 3 or 4 letter word in these list words.

present _____ power _____
 agility _____ gender _____
 reaction _____ supportive _____
 record _____ impunity _____
 endurance _____ problem _____
 alternative _____ coordination _____

Add vowels to each group of letters, unjumble and make a list word.



p	r	r	t	t	l
s	d	w	n	y	g

d	r	g	r	c	l	d	t	c
c	r	n	d	b	n	r	n	n

Some words are spelt the same way but pronounced differently. These are homographs. Write a meaning for the underlined words from the sentence they are in.

I had to present a talk to the class.

My favourite present on my birthday was money.

At the athletics carnival, I broke the record for shot put.

Can you record all attempts at each event?

Copy the list words.

1.	speed	
2.	present	
3.	record	
4.	gender	
5.	power	
6.	strength	
7.	agility	
8.	reaction	
9.	assertive	
10.	balance	
11.	muscular	
12.	problem-solving	
13.	supportive	
14.	coordination	
15.	traditional	
16.	alternative	
17.	impunity	
18.	flexibility	
19.	endurance	
20.	responsibility	

Write three more words with these spelling patterns.

speed			
strength			
gender			
balance			

Make these adjectives into nouns by changing the endings.

agile agility able _____
 responsible _____ flexible _____
 reliable _____ dependable _____
 Now put two into sentences.

- _____
- _____

Insert the missing list words, then match the fitness component to its definition, and how we can test it.

Fitness Component	What is it?	How do we test it?
Cardio-respiratory _____	The measure of how well muscles can repeatedly generate force, and the amount of time they can maintain activity.	Sit ups / push ups
_____	The proportion of fat, muscle and bone of an individuals body.	1.6km run
_____ Strength	The range of motion you have around a joint.	Body mass index / skin folds
Body Composition	The ability of the body's circulatory and respiratory systems to supply fuel during sustained physical activity.	jumping
Muscular _____	Combination of _____ and muscular _____ to exert a force.	sit and reach

Crossword

Clues Across

2. A skill related component of fitness.

4. Freedom from punishment or injury.

6. Antonym of fast. _____
7. Necessary for a balanced lifestyle.

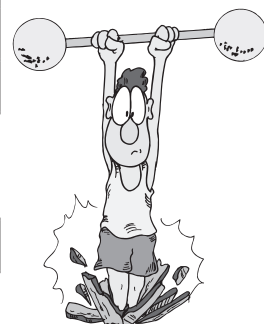
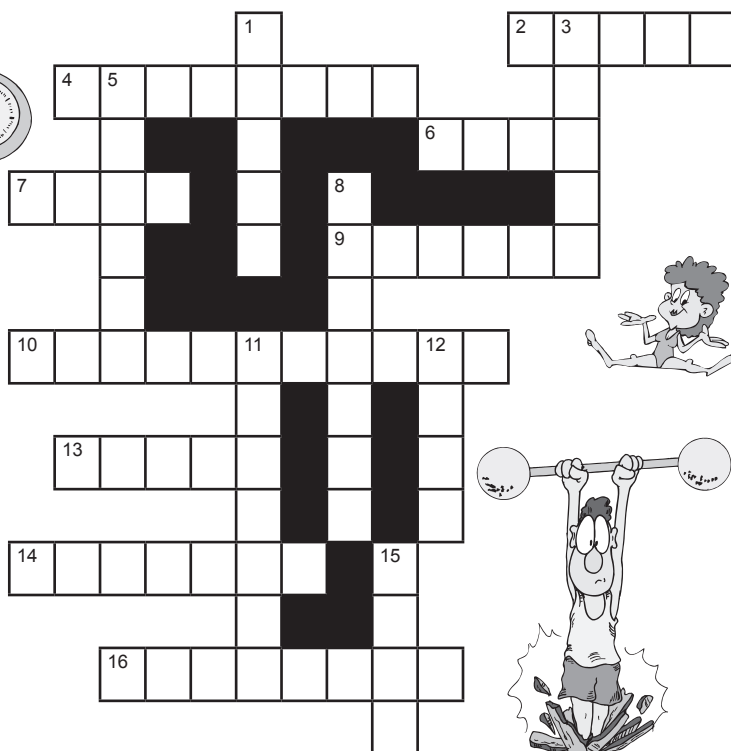
9. Male or female. _____
10. The range of motion you have around a joint.

13. Power, speed and balance are _____-related components of fitness.
14. To give to someone. _____
16. Muscular _____ is a measure of how much force a muscle can exert.

Clues Down

1. We should _____ taking part in physical activity.
3. A component of fitness. _____
5. Strengthening of this improves movement around a joint. _____
8. Ability to change direction or body position quickly. _____
11. Ability for your body to maintain a stable position. _____
12. People you cooperate with to achieve a goal.

15. Your heart _____ should be elevated to increase fitness benefits.



Writing Ideas

Record your physical activity over a 7 day period. Identify what components of fitness you are developing. e.g. *playing netball - coordination, reaction, speed, weight lifting - power*