Your notes

GCSE PE: revision notes

Physical, emotional and social health

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Physical health and well-being

- Exercise improves heart function, lowers blood pressure and reduces the risk of diseases such as heart disease, type 2 diabetes, some cancers and strokes.
- It helps weight control, builds strong bones and muscles, and makes it easier to do everyday tasks.

Mental (emotional) health and well-being

- Exercise releases **serotonin** and **endorphins**, which improve mood and lower stress.
- It can increase confidence and **self-esteem**, and help people cope with anxiety.
- It gives a sense of achievement and helps people sleep better.

Social health and well-being

- Exercise helps people make friends, feel part of a group and develop teamwork, cooperation and communication.
- It gives a sense of belonging and support, and can reduce loneliness.
- Clubs and teams are places where people from different backgrounds meet.

Fitness and well-being

- Improving fitness makes performers healthier and more able to meet the demands of everyday life and sport.
- But too much training (overtraining) can harm health, causing injury and stress.

Key terms

Physical well-being	The body working well, free from illness and injury.

Mental well-being	Feeling able to cope with stress and feeling positive.
Social well-being	Having friends, support and a sense of belonging.
Serotonin	A chemical released in the brain during exercise that improves mood.
Self-esteem	How a person values themselves.
Endorphins	Chemicals released during exercise that make you feel good.

Your notes

Quick questions

Cover the answers and test yourself: remembering is what makes it stick.

1. Which is a physical health benefit of exercise?
2. Which is a mental health benefit of exercise?
3. Which is a social health benefit of exercise?
4. What chemical released during exercise improves mood?
5. How can exercise improve self-esteem?
6. Which disease can regular exercise help prevent?
7. How can exercise help with sleep?
8. How can too much training harm health?

Answers

1. A lower risk of heart disease
2. Lower stress levels
3. Making friends and feeling part of a team
4. Serotonin
5. By giving a sense of achievement
6. Type 2 diabetes
7. It helps people sleep better
8. It can cause injury and stress

What to do next

Practise 10 questions on this topic

Try 4 exam questions, with mark schemes

Read the lesson, one step at a time

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