**GCSE PE - 5 a day revision questions**

Complete 5 practice exam questions a day to help you succeed. Use any highlighted gaps in your knowledge to focus your revision. Good luck!

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| 1. Which one of the following activities would be most suitable for an ectomorph body type?

(1) A - Basketball B - American Football C - Olympic Weightlifting D - Judo |
|  2. To train anaerobically, an athlete would need to work …(1) A - between 40–60% of their maximum heart rate.  B - more than 80% of their maximum heart rate. C - less than 80% of their maximum heart rate. D - between 60–80% of their maximum heart rate. |
| 1. Describe two ways that would allow individuals with physical disabilities to participate in physical activity. (4)

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| 4. A local authority pays retired PE teachers to run free fitness sessions for parents with young children. Another opened up its sports centres for use, free of charge, during the day. (1) (a) Identify one common purpose of these local authority initiatives………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………(b) Describe one way in which the purpose you have identified in 4(a) contributes to the development of a healthy, active lifestyle. (2)………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….….. |
| 5. Health-related exercise demands can vary within sporting activities.For a named activity of your choice, identify a different situation or technique when the stated components, listed below, would be used in this activity.Name of activity ...................................................................................................................................(a) Muscular strength (1)........................................................................................................................................................................................................................................................................................................................... .............................................................................................................................................................(b) Muscular endurance (1)............................................................................................................................................................................................................................................................................................................................ .............................................................................................................................................................(c) Flexibility(1)........................................................................................................................................................................................................................................................................................................................... .............................................................................................................................................................. |

Answers

**1**. Basketball

**2**. More than 80% of their maximum heart rate

**3.** Disabilities to participate in physical activity (2x2).

• Wider doors or doors fitted with ramps/ allow wheelchair access.

• Lifts provided/ allow access to upper or lower floors.

• Adapted rules/ for example wheelchair basketball where the travel rule is different.

• Adapted equipment/ for example balls with bells in, for blind football.

• Specialist coaches/ have the knowledge of disability activities.

• Disability classifications or specific competitions or clubs / allow individuals to participate against others with similar disabilities.

• Specialised transport/vehicles are fitted with wheelchair clamps or have wide doors for access, so they can get to the venue.

• Disabled parking space/nearest to the facility improves access.

• Hoists or lifts/enable the disabled to get into the swimming pool.

Accept any other suitable response.

**4. (a)** One purpose from: increase participation/encourage people to participate/get people active (1) OR keep/remain/regular/retain people in sport (1). Credit increase/maintain health/fitness (as ultimate aim of initiatives). Do not accept Start, stay, succeed on own.

**4. (b)** A description that makes reference to any one of the following developed points: 1. Improves social health through involvement with others through participation (1) rather than being isolated (1) Additional example answer: Social benefit through making friends(1) improving their ability to interact/work with others 2. Improves physical health through weight reduction if overweight (1) e.g. less chance of diabetes (1) Additional example answer: healthier because drop in blood pressure(1) leading to less chance of CHD (1) 3. Improves physical health through improving fitness (1) e.g. reduces risk of heart disease (1) Additional example answer: keeping fit gives you better health (1) leading to drop in cholesterol levels (1) 4. Improves mental health through positive use of time/don’t sit at home bored (1) if previously unengaged (1) Additional example answer: mentally better due to stress relief (1) therefore less likely to suffer with depression (1). Do not accept the following: A description that does not link to the stated purpose Purposes relating to healthy diet Purpose relating to education unless in context of increasing participation Improves health unless qualified.

**5. (a)** Credit any specific technique or description of action where strength is critical to performance. E.g. Hitting the ball hard (squash) Holding off tackle (rugby) Sprinting between hurdles (hurdles) Knockout in boxing Holding body weight (gym). Accept strength as aspect of ‘power’.

**5. (b)** Credit any specific technique or description of action where muscular endurance is critical to performance. (Not 100m) E.g. Still getting into correct position on court in fifth game (squash) Towards the end of the match still able to tackle (rugby) Play 90 minutes of game (without muscles tiring) Last 50m of 400m (hurdles). Accept example that implies muscles have been working for extended periods.

**5. (c)** Credit any specific technique or description of action where flexibility is critical to performance. E.g. Stretch to reach drop shot (squash) During tackling (rugby) Technique when clearing hurdle Splits (gym). Accept example linked to increase pace; good technique; increased range of motion or technique where evident that flexibility required, e.g. ‘splits’; Fosbury Flop.