**GCSE PE (9-1) - 5 a day revision questions 2019**

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

|  |  |  |  |
| --- | --- | --- | --- |
| 1. Which one of these is incorrect? (1)

|  |
| --- |
| A - The skeleton provides oxygen for the working muscles  |
| B - The skeleton provides protection for vital organs  |
| C - The skeleton provides structural shape and points for attachmentD - The skeleton provides support |

 |
| 2. Identify where gas exchange takes place? (1)A - BronchiB - AlveoliC - BronchiolesD – Diaphragm |
| 3. Performers should use the principles of overload (frequency, intensity and time) when training. Define frequency, intensity and time. (3)(i) Frequency ........................................................................................................................................(ii) Intensity ..........................................................................................................................................(iii) Time ……......................................................................................................................................... |
| 4. Complete Table 1 by:(a) Identifying the muscles labelled A, B and C in Figure 1.(b) Stating the role of each muscle. (6)

|  |  |  |
| --- | --- | --- |
|  | (a) Muscle | (b) Role of the muscle |
| A |  |  |
| B |  |  |
| C |  |  |

 |
| 5. Describe the procedure to carry out the Vertical Jump Test. (3)........................................................................................................................................................................................................................................................................................................................................................................................................................................................................................................................................................................................................................................................ |

Answers

**1**. A

**2**. B

3.

(i) Frequency – how often you train (1)

(ii) Intensity – how hard / demanding the training is (1)

(iii) Time – how long the training lasts (1)

**4**. (a) Biceps – Flexes the arm at the elbow.

(b) Hamstring – Flexes leg at knee

(c) Gastrocnemius – Plantar flexion at the ankle

5.

* Preparation – chalks / licks his / her finger tips / use measuring device (1)
* Pre-jump – reaches up as high as possible with one hand and marks wall / pushes green scale up wall with tips of fingers (1)
* Jumps as high as possible (1)
* Distance above stretch height = power measure (1)