**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 attachment  D - The skeleton provides support | |
| 2. Identify where gas exchange takes place? (1)  A - Bronchi  B - Alveoli  C - Bronchioles  D – 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)