**GCSE PE (9-1) - 5 a day revision questions 2022**

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. A sprinter includes speed work in their training. Which one of these principles of training are they using? (1)

**A** Progressive overload   
**B** Reversibility   
**C** Specificity   
**D** FITT

2. Figure 2 shows a representation of macronutrients and micronutrients in a balanced diet for a healthy adult. State the missing micronutrient labelled A. (1)

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3. The bones of the skeleton protect the ......................................................................................... For example, in a football match if two players clash heads when trying to head the ball, the ..................................................... protects the .................................................................... (1)

4. Sex is one factor that can affect optimum weight. (a) State two other factors that can affect optimum   
weight. (2)

Factor 1

Factor 2

5. The weight training class starts with a warm-up and ends with a cool down. Explain why Miss Convoy makes sure that the class stretches as part of the warm-up. (2)

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Answers

**1**. C

**2**. Minerals

**3.** Vital organs/organs (1)  
Cranium/skull (1)  
Brain (1)

**4.** Height   
Bone structure/density   
Muscle (girth)

**5.** To increase elasticity/pliability/temperature of muscles (1) so they are less likely to become injured during the class (1)   
• To increase the mobility at the joints (1) therefore increasing the range of movement possible (1)   
• To increase the range of movement (1) improving technique during the class/reducing risk of injury (1)