

## GCSE PE (9-1) - 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!

1. Which classification do all of the following benefits belong to? 'Feel good, stress relief, increased self-esteem.' (1)

- A – Physical
- B – Social
- C – Fitness
- D – Emotional

2. Which one of the following is the correct classification of bone for the carpals? (1)

- A - Short
- B - Flat
- C - Long
- D - Irregular

3. Warm-ups have three main phases.

(i) Identify the three phases of a warm-up. (3)

- 1.
- 2.
- 3.

(ii) Give an example of an activity you would do at each stage of a warm-up before playing a team game. (3)

- 1.
- 2.
- 3.

4. The following are two training adaptations:

- Muscular hypertrophy
- Increased bone density

(a) Identify the method of training that is most likely to cause muscular hypertrophy. (1)

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(b) Identify an exercise activity that will result in an increase in bone density. (1)

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5. (a) Describe plyometric training. (2)

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(b) Give an example of a sports performer who would use plyometric training. (1)

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(c) State one advantage and one disadvantage of plyometric training. (2)

Advantage

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Disadvantage

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# Answers

1. D

2. A

3. (i) Pulse raiser (1)

Stretching (1)

More intense activity using skills required in game

(ii) (Pulse raiser) – a game of 'tag' (1)

(Stretching) - hamstring stretches (1)

(Skill practice) - practice drill, sprinting to receive the ball and shooting (1)

4. (a) Weight

4. (b) Any one weight bearing exercise activity e.g:

Running Jogging Walking Weight bearing activity Fartlek training session Continuous training session

5. (a) Involves jumping from one level to another (1) the muscle lengthens on landing and then quickly contracts and shortens (to provide power to make next jump) (1)

- Can be skipping or bounding (1) where the muscles have to exert maximum force quickly. (1)

(b) Any one from:

- A volleyball player (1)
- A high jumper (1)

(c) Advantage

Any one from:

- Needs minimal equipment, e.g. a skipping rope (1)
- Effective way to increase power (1)

Disadvantage

Any one from:

- Can become injured if intensity is too great (1)
- Increased risk of muscle strain (1)