

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 one of the following is an example of an involuntary muscle? (1)
A - Muscle in the wall of the heart
B - Muscle in the upper arm
C - Muscle in the wall of a blood vessel
D - Muscle in the lower leg

2. Which one of the following fitness tests would be used to measure a performer's cardiovascular fitness? (1)
A - One-minute sit-up test
B - One-minute press-up test
C - Harvard step test
D - 30m sprint

3. Give an example of when a gymnast would need a good reaction time in the routine. (1)
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.....

4. Janet wants to increase her fitness. Explain the term "fitness". (1)
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.....

5. Figure 5 shows a swimmer in a pike position during a somersault. (6)



Examine the antagonistic muscle action occurring at the knee and the hip in Figure 5 that allows the diver to achieve this position.

Knee
.....
.....
.....

Hip
.....
.....
.....

Answers

1. C

2. C

3. Any one of the following:

- If a movement did not go to plan
- If she slips/loses her balance/adjust position so doesn't fall
- If she quickly had to change her mind about what to do next.

4. The ability to meet the demands of the environment

5. **Knee**

For example:

- The diver needs to be able to keep her **legs** straight to achieve the position (AO2) this is possible because of the antagonistic action of the quadriceps against the hamstrings, which allow the diver to **extend** the leg at the knee (AO3). This allows the diver to achieve the **compact form** required for a pike somersault (AO3 – evaluation).

Hip

For example:

- The diver needs to be able to bend her body at the **hip** to achieve the position (AO2) this is possible because of the antagonistic action of the gluteals against the hip flexors, which allow the diver to **flex** at the hip (AO3 – analysis). This allows the diver to **spin** fast enough to complete the somersault during the dive (AO3 – evaluation).