

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 sports performers is working aerobically? (1)

- A A long jumper during the run-up and take-off
- B A games player slowly jogging back into position
- C 100m sprinter during the race
- D A tennis player serving an ace

2. Explain how the FITT principle overlaps with the principle of progressive overload. (3)

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3. State a fitness test that the following performers should use to assess their fitness for their sport. (3)

(i) Finn, a long distance swimmer

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(ii) Depa, a sprint hurdler

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(iii) Owen, a high jumper

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4. Rey is a long distance cyclist. As part of her Personal Exercise Programme (PEP) Rey carries out aerobic training regularly. (2)

State two long-term effects of aerobic training on the cardio-respiratory system.

1.....

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5. Eshan is inspired by performers from the London 2012 games and is determined to improve his own performance. He decides to set SMART targets as a first step to achieving his long term goal. Discuss the use of target setting to improve performance. You must make reference to examples in your answer. (4)

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Revise!

Answers

1. B

2. A linked explanation of how the FITT principle overlaps with PO that makes reference to the following. Progressive overload means to gradually increase workload OR FITT stands for frequency, intensity, time and type (1) • by increasing either frequency/ intensity/time overload is created (1) providing this is a gradual increase this will be progressive overload (1)

3. (i) Long distance swimmer – Cooper 12-minute swim test (1)

(ii) Sprint hurdler – Sit and reach/30m sprint (1)

(iii) High jumper – Vertical jump test (1)

4. Increased size/strength of heart (1)

● Increased resting stroke volume (1)

● Decreased resting heart rate (1)

● Increased capillarisation (1)

● Increased strength of diaphragm (1)

5. 1. The individual principles of SMART targets: (all correctly listed = simple statement) Specific, Measurable, Achievable, Realistic, Time-bound

2. A brief description of the individual principles of SMART:

(simple statements unless linked to examples/performance) Specific, goals clear so performer knows what they are trying to achieve

Measurable, quantifying aim

Achievable, make sure the target is realistic, i.e. it is possible for the performer to complete

Realistic, making the target challenging but not too hard

Time-bound, you should have completion dates for targets

3. Examples of the application of the principles of SMART targets:

Specific, work on weakness x to give my training appropriate focus for improvement

Measurable, improve 100m sprint time by 100th sec so clear to see when I achieve

Achievable, if I can already clear 2m setting a target of 2.1m should ultimately be achievable so motivates me to continue (must have current and future value to gauge if 'achievable')

Realistic, if I normally score 1 rounder per game increasing to 2 would be realistic, but 6 would not and would be demotivating

Time-bound, I will achieve this goal by May 2012 so I check I am progressing at the right rate and alter target or set new one to continue improving

4. Makes reference to the value of the use of target setting to improve performance:

TS provides focus - so work on what is relevant leading to improvement

TS allows you to measure progress so you can monitor effectiveness of training programme -and change if not getting results required

TS increases motivation -so more likely to maintain training and continue to improve

TS can decrease stress on the performer as only small target or steps focused on in order to achieve harder long term goal

TS gives a framework to build on, progressing and setting new targets each time an old target is achieved-so you are continually working to improve

Revise!

TS Can hinder if poorly set targets as they will not be achieved and lead to demotivation/dropping out therefore drop in performance

5. Concludes value based on discussion points raised.

Revise!