

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 describes a second class lever system? (1)

- A - The load is at the right-hand end of the lever
- B - The fulcrum is in the middle of the lever
- C - The load is in the middle of the lever
- D - The load and the fulcrum are at the same point on the lever

2. Which of the following is a long-term effect of participation in exercise and physical activity on the respiratory system? (1)

- A Increase in blood flow to the lungs
- B Increase in oxygen debt
- C Increase in vital capacity
- D Increase in breathing rate

3. As part of his Personal Exercise Programme (PEP) Joe measures his heart rate to check on his fitness levels.



(a) The heart rate monitors in Figure 5 show three different heart rate values. Re-order these heart rate values and plot a graph to show Joe's resting, working and recovery heart rate.

(b) Explain why you have plotted the values in this order.

I placed this value as working heart rate because (1)

.....

I placed this value as recovery heart rate because (1)

.....

4. Identify two different types of injury the player in Figure 6 could sustain as a result of the ball striking his face.



Injury 1 (1)

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Injury 2 (1)

.....

5. Some injuries are described as soft tissue injuries. What would be the appropriate treatment for these types of injury? (1)

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Revise!

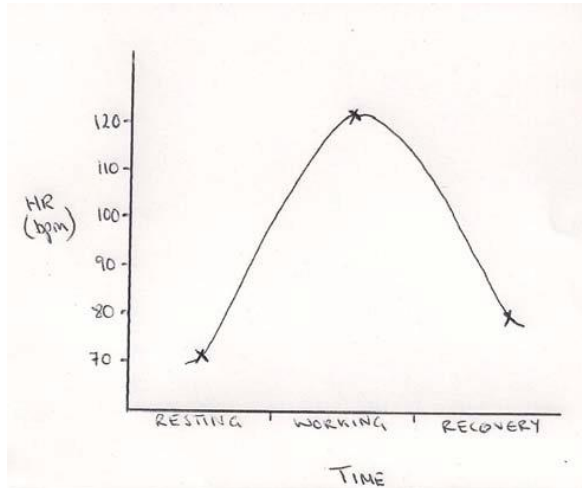
Answers

1. C

2. C

3. (a) 1. One mark for resting HR lower than recovery rate

2. One mark for correct style (line graph) and shape as shown below



(b) Working – highest value, (as heart has to work harder to supply more blood carrying oxygen to working muscles / heart beats faster when working)

Recovery – higher than resting HR / as insufficient time to return to resting HR/not enough time to recover /repaying oxygen debt /

4. Any two from following:

1. Fractured cheek/cranium/skull/jaw / broken teeth/nose

2. Dislocated jaw/ (accept nose)

3. Bruising / black eye

4. Cuts/abrasions/friction burns/nose bleed

5. Concussion

6. Although not on specification accept detached retina/equiv / whiplash

NB maximum one injury per line, e.g. 1 mark for broken nose / broken jaw

Do not accept swollen eye / head injury / shock

Do not accept brain damage / soft tissue injury / neck injury / dizziness

5. 1. RICE

2. rest, ice, compression, elevation

3. rest, ice, comfortable support, elevation

Revise!