

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 these shows how to calculate the mechanical advantage of a lever? (1)

- A - Effort arm x weight (resistance) arm
- B - Effort arm ÷ weight (resistance) arm
- C - Effort arm + weight (resistance) arm
- D - Effort arm - weight (resistance) arm

2. Which one of these causes plantar flexion at the ankle? (1)

- A - Gastrocnemius
- B - Hamstrings
- C - Quadriceps
- D - Tibialis anterior

3. (i) Define gamesmanship. (1)

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(ii) Describe two examples of gamesmanship in sporting activities of your choice. (2)

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2.....

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4. In 2015, Manchester City footballer, Jill Scott, was sent off for an aggressive act in a game against Arsenal ladies.

Explain the difference between direct aggression and indirect aggression in physical activity and sport. (2)

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5. Name two stress management techniques and explain how they could be used to control arousal in named sporting activities of your choice. (4)

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Revise!

Answers

1. B

2. A

3. (i) Attempting to gain an advantage by stretching the rules to the limit

(ii) Grunting in tennis to put an opponent off a shot (1) • Pretending to be injured in football so that the ball is kicked out of play, thus stopping the momentum of the opposition (1) • Calling a timeout in basketball to put off an opposition player before they take a free-throw / icing the shooter (1) • Coming out to bat in cricket with two right handed gloves and then wasting time to sort out the problem (1)

4. Direct aggression is aimed directly at other players / physical contact with others (1)

Indirect aggression is aimed at an object to gain an advantage (1)

5. **AO1** - Deep breathing (1) • Mental rehearsal (1) • Visualisation (1) • Imagery (1) • Positive self-talk (1)

AO2 - Deep breathing to reduce heart rate / to reduce nervous feeling before hitting a golf ball off the tee (1) • Mental rehearsal to picture the perfect performance / feeling of how to kick a conversion in rugby (1) • Visualisation to picture an aspect of performance / focus on how that performance should look prior to facing a bowler in cricket (1) • Imagery to imagine oneself in a calm / relaxing place before attempting a putt in golf (1) (1) • Positive self-talk to give yourself positive instructions allowing you to remain focused on the task / to motivate / to reassure before taking a penalty in football (1)



Revise!