

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 bones are found at the shoulder joint?

- A - Femur and tibia
- B - Humerus and radius
- C - Scapula and humerus
- D - Tibia and fibula

2. Figure 4 shows a basketball player jumping to execute a shot.

Figure 4



Draw the lever system which operates at the ankle joint in the space below. Label the fulcrum, effort and load. (1)

3. Principles of training can be applied when planning a balanced, healthy lifestyle.

(a) When would a performer experience the principle of reversibility? (1)

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(b) Define the principle of progressive overload, and explain how it can improve fitness. (2)

.....

4. Some participants take illegal performance enhancing drugs to control their heart rate, despite the obvious health risks.

What effect do beta blockers have on a participant's heart rate? (1)

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5. Ria is 15 and is taking GCSE PE. To improve her lifestyle she is planning a Personal Exercise Programme (PEP) to increase the amount of physical activity she is involved in. You are helping Ria to plan her PEP. At the moment Ria is unsure about what athletics event she would like to participate in.

Ria might choose the discus as her event.

(a) Name a suitable training method for Ria and justify your choice. (2)

Training method

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Justification

.....

.....

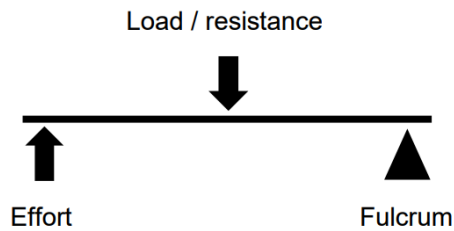
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Revise!

Answers

1. C

2.



3. (a) If they were injured, ill or de-motivated and stopped training/ equivalent.

(b) Progressive overload means to gradually increase the work you do/ equivalent. (1)

If you increase the work, ie you lift more weights you will be stronger, therefore fitter/ equivalent (1)

Notes There needs to be a definition and an explanation, a link between the principle and why fitness increases; it would not be enough to just say you get stronger

4. Calming effect on performer's heart rate/ slows it down/ Equivalent

5. Method: Weight/weight training/ resistance/ resistance training

Reason: To increase her strength/ build muscle/ increase distance thrown/ more power to throw further

Revise!