

Please write clearly in block capitals.

School

Class

Name

Teacher

KS3 PHYSICAL EDUCATION

PE

Key Stage 3 (Years 7-9) · End-of-Year Practice Paper · Set A · National Curriculum

Time allowed: 1 hour

Materials

For this paper you must have:

- a pen.
- no other materials are required.

Instructions

- Use black ink or black ball-point pen.
- Answer all questions in the spaces provided.
- Do all rough work in this book.
- In all calculations, show clearly how you work out your answer.

Information

- The maximum mark for this paper is 60.
- The marks for questions are shown in brackets.
- You are reminded of the need for good English and clear presentation.

For Examiner's Use	
Question	Mark
1	
2	
3	
4	
5	
6	
TOTAL	

Answer all questions in the spaces provided.

1 This question is about the body and exercise.

1.1 Name two functions of the skeleton.

[2 marks]

1.2 What is the job of the heart during exercise?

[2 marks]

1.3 Name the system that takes oxygen into the body.

[1 mark]

1.4 What happens to your breathing rate when you exercise?

[1 mark]

1.5 Explain why your heart rate increases during exercise.

[4 marks]

2 This question is about components of fitness.

2.1 What is 'cardiovascular endurance'?

[2 marks]

2.2 What is 'flexibility'?

[2 marks]

2.3 Name one more component of fitness.

[1 mark]

Question 2 (continued)

2.4

Give one sport that needs good flexibility.

[1 mark]

2.5

Explain why a marathon runner and a sprinter need different types of fitness.

[4 marks]

3

This question is about warming up and training.

3.1

Why is it important to warm up before exercise?

[2 marks]

3.2

Name two parts of a warm-up.

[2 marks]

3.3

What is a 'cool-down' and why is it useful?

[2 marks]

3.4

Describe one way you could make training harder over time.

[2 marks]

3.5

Explain why rest and recovery are important parts of training.

[2 marks]

4

This question is about a healthy lifestyle.

4.1

Give two benefits of regular exercise for health.

[2 marks]

Question 4 (continued)

4.2

Name two things, other than exercise, that are part of a healthy lifestyle.

[2 marks]

4.3

Why does the body need water during exercise?

[1 mark]

4.4

Describe one effect of not exercising at all (a sedentary lifestyle).

[2 marks]

4.5

Explain how exercise can improve mental wellbeing.

[3 marks]

5

This question is about sport, rules and teamwork.

5.1

Why do sports have rules?

[2 marks]

5.2

What is the role of an official (e.g. a referee)?

[2 marks]

5.3

Name one skill needed to work well in a team.

[1 mark]

5.4

What is 'sportsmanship'?

[2 marks]

Question 5 (continued)

5.5

Explain why teamwork is important in a team sport.

[3 marks]

6

This question is about planning a fitness session.

A student wants to improve their fitness for football.

6.1

Name two components of fitness that are important for football.

[2 marks]

6.2

Suggest one type of training that would help them and a sport-specific reason.

[2 marks]

6.3

Describe how they could make sure the training is safe.

[3 marks]

6.4

Explain how they could check whether their fitness has improved.

[3 marks]

END OF QUESTIONS