

Please write clearly in block capitals.

School _____

Class _____

Name _____

Teacher _____

GCSE PHYSICAL EDUCATION

PE

Physical Education · Paper 1 · 2019 original GCSE practice set

Suggested practice time: 1 hour 15 minutes

Materials

For this paper you must have:

- a pen.
- a calculator (where appropriate).
- no other materials are required.

Instructions

- Answer all questions in the spaces provided.
- Use black ink or black ball-point pen.
- Show your working where calculations are required.
- All questions and materials in this paper are original works written for practice and do not reproduce any real exam content.

Information

- The maximum mark for this paper is 78.
- 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	
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20	
TOTAL	

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Its structure and questions differ from official exams. Time and marks apply to this practice set.
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Answer all questions in the spaces provided.

1 Section A

Answer all questions in this section.

1.1

Which of these is a long bone? Shade one box. A Vertebra B Femur C Cranium D Patella.

A ☐ B ☐ C ☐ D ☐

[1 mark]

2.1

Which blood vessels carry blood away from the heart? Shade one box. A Veins B Arteries C Capillaries D Valves.

A ☐ B ☐ C ☐ D ☐

[1 mark]

3.1

Which principle of training means gradually increasing the demands on the body? Shade one box. A Reversibility B Progressive overload C Specificity D Tedium.

A ☐ B ☐ C ☐ D ☐

[1 mark]

4.1

Identify the two main functions of the skeleton during physical activity.

[2 marks]

5.1

Give one example of a sporting action that uses flexion at the hip.

[2 marks]

6.1

Describe the pathway of blood through the heart.

[3 marks]

7.1

Identify and describe one long-term effect of regular aerobic training on the cardiovascular system.

[3 marks]

8.1

Describe how to measure flexibility and one way to improve it.

[3 marks]

9.1

Explain why a warm-up improves performance and reduces the risk of injury.

[4 marks]

10.1

Explain two reasons why a performer should follow the principles of training (specificity, overload, progression, reversibility).

[6 marks]

11.1

Evaluate the use of continuous training compared with interval training for a games player.

[9 marks]

12

Section B

Answer all questions in this section.

12.1

Identify two functions of the cardiovascular system during exercise.

[2 marks]

13.1

Describe one method of training that would improve power, and give a suitable sport.

[3 marks]

14.1

Identify and describe one class of lever used in the body during movement.

[3 marks]

15.1

Explain how progressive overload should be applied safely to a training programme.

[4 marks]

16.1

Explain two effects of a sedentary lifestyle on physical health.

[4 marks]

17.1

Explain how a coach could use the FITT principle to design a programme for a 5 km runner.

[4 marks]

18.1

Explain two ways the cardiovascular and respiratory systems adapt to long-term aerobic training.

[6 marks]

19.1

Evaluate the importance of the principles of training for improving sports performance.

[9 marks]

20.1

Evaluate the importance of a structured training programme for improving fitness.

[8 marks]

END OF QUESTIONS