



## **G.C.S.E**

# **PHYSICAL EDUCATION HOMEWORK**

TOPIC: 1.1.4

PHYSICAL ACTIVITY AS PART OF YOUR HEALTHY, ACTIVE LIFESTYLE

| MARK      | % | GRADE | IL |
|-----------|---|-------|----|
| / 44      |   |       |    |
| COMMENTS: |   |       |    |
|           |   |       |    |

| A*  | A   | B   | C   | D   | E   | F   | G   | U   |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 90% | 80% | 70% | 60% | 50% | 40% | 30% | 20% | 10% |

NAME: \_\_\_\_\_

GCSE PE TEACHER: \_\_\_\_\_

1. The FITT principle of training is made up of four parts.
- Which of the following statement covers **all** four parts of the FITT principle?
- A How hard and often you work, making sure you do not do too much, whilst avoiding boredom.
  - B How long, hard and often you work, whilst maintaining safety.
  - C How hard and often you work, making sure that your training fits the requirements of the activity, making sure you do not do too much.
  - D How long, hard and often you work, making sure that your training fits the requirements of the activity.
- (Total 1 mark)**
2. The correct target zone for an endurance athlete is 120 : 160bpm, how old is the athlete?
- A 15
  - B 20
  - C 25
  - D 40
- (Total 1 mark)**
3. What would be the most likely method of training for a 100m sprinter to use, on the track, to improve his or her performance?
- A Cross.
  - B Weight.
  - C Continuous.
  - D Interval.
- (Total 1 mark)**
4. Which method of training would a triathlete use to help develop the variety of fitness components necessary for this sporting activity?
- A Cross.
  - B Weight.
  - C Continuous.
  - D Interval.
- (Total 1 mark)**
5. Before starting a Personal Exercise Programme, which of the following would you use to assess your suitability for such a programme?
- A PAS-Q.
  - B PAR-Q.
  - C Physical activity.
  - D PAT-Q.
- (Total 1 mark)**

6. Read the statement and decide whether **A**, **B**, **C** or **D** is correct.

|   |                               |
|---|-------------------------------|
|   |                               |
| the last part of the warm up is used to raise heart rate. | activity for this is jogging. |

- A Both statements are true.
- B Statement 1 is true, statement 2 is false.
- C Statement 1 is false, statement 2 is true.
- D Both statements are false.

**(Total 1 mark)**

7. Read the statement and decide whether **A**, **B**, **C** or **D** is correct.

|   |   |
|---|---|
|   |   |
| increases the amount of lactic acid in the blood. | of lactic acid reduces the chance of muscle soreness. |

- A Both statements are true.
- B Statement 1 is true, statement 2 is false.
- C Statement 1 is false, statement 2 is true.
- D Both statements are false.

**(Total 1 mark)**

8. Read the statement and decide whether **A**, **B**, **C** or **D** is correct.

|                               |  |
|-------------------------------|--|
|                               |  |
| the last part of the warm up. | important as it helps to prevent injury. |

- A Both statements are true.
- B Statement 1 is true, statement 2 is false.
- C Statement 1 is false, statement 2 is true.
- D Both statements are false.

**(Total 1 mark)**

9. Select the answer that names the principles of SMART targets.
- A Specific, Measurable, Arranged, Realistic, Time-bound.
  - B Spontaneous, Measurable, Achievable, Realistic, Time-bound.
  - C Specific, Manageable, Achievable, Realistic, Tedious.
  - D Specific, Measurable, Achievable, Realistic, Time-bound.
- (Total 1 mark)**

10. Which of the following statements is a benefit of a cool down?
- A increases the production of lactic acid
  - B reduces the risk of muscle stiffness after exercise
  - C further increases blood flow to the muscles immediately after exercise
  - D reduces the chance of injury during the activity.
- (Total 1 mark)**

11. This question relates to the principles of training.  
Read the statements and decide whether A, B, C or D is correct.

|  |   |
|--|---|
|  |   |
| applies progression to their training it means they can now play competitively, progressing from beginner to performer | be used by a basketball player to improve their fitness |

- A Both statements are true.
  - B Statement 1 is true, statement 2 is false.
  - C Statement 1 is false, statement 2 is true.
  - D Both statements are false.
- (Total 1 mark)**

12. This question relates to circuits and circuit training. Look at the circuits and decide whether A, B, C or D is correct.

Circuit:

Press ups – sit ups – squat thrusts – trunk twists – skipping – pull ups – shuttle runs – tricep dips – star jumps

Shuttle runs – bowling at a target – squat thrusts – chest passes – dribbling a football between cones – bench presses – chest passes against the wall

Dribbling the ball in and out of cones – tricep dips – lay-up shots – sit ups – two-footed jumps to get maximum height – press ups – shuttle runs

|  |  |
|--|--|
|  |  |
| Good for developing the general fitness of the performer | allow the performer to develop their skill for their chosen activity |

- A** Both statements are true.
- B** Statement 1 is true, statement 2 is false.
- C** Statement 1 is false, statement 2 is true.
- D** Both statements are false.

**(Total 1 mark)**

13. Performers in Athletics will use different training methods to improve their fitness. Performers in which event, A, B, C or D would be most likely to use interval training?

- A** 400 m.
- B** Shot putt.
- C** High jump.
- D** Marathon.

**(Total 1 mark)**

14. This question relates to the four methods of training listed below.

To answer this question match the following statement to the training methods identified as A, B, C or D.

This is a good method of training for games players as the training session can mirror the varied physical demands of the game.

- A** Circuit training.
- B** Continuous training.
- C** Interval training.
- D** Fartlek training.

**(Total 1 mark)**

15. This question relates to the four methods of training listed below.

To answer this question match the following statements to the training methods identified as A, B, C or D.

The training session is split into periods of work followed by periods of rest before working again. This helps the performer recover before working again.

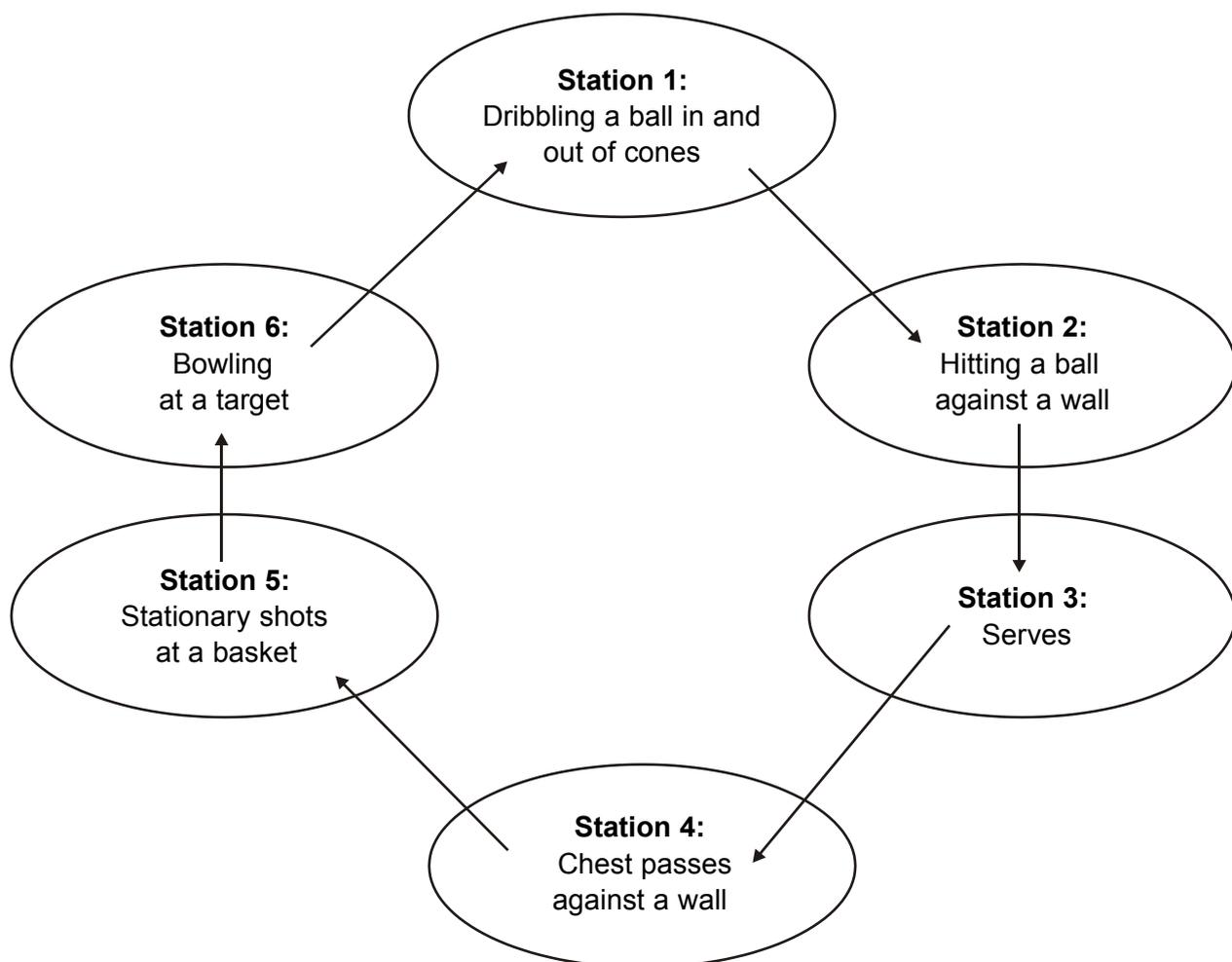
- A Circuit training.
- B Continuous training.
- C Interval training.
- D Fartlek training.

(Total 1 mark)

16. George is 15 and is taking GCSE PE, he plays basketball and badminton for his school.

George is learning about circuit training, and this is his first attempt at planning his circuit.

His six stations are shown below.



(i) Identify **one** station you would **not** include in George's circuit.

.....

**(1)**

(ii) Why do you think this station is inappropriate for George to include in his circuit?

.....

.....

**(1)**

**(Total 2 marks)**

**17.** Penny, Husnara and Reena all play sport for their school.

Each uses a different training method to improve their fitness for their sport.

(a) Explain the term 'fitness'.

.....

.....

.....

**(1)**

(b) (i) Explain why the girls would use different methods of training from each other to improve their fitness.

.....

.....

.....

**(1)**

(ii) What principle of training are they applying by using a training method that is relevant to them and their sport?

.....

**(1)**

**(Total 3 marks)**

18. (i) Penny is an athlete and uses interval training. Name an Athletics event where this method of training would be **most commonly** used to improve performance.

..... (1)

(ii) Explain the main characteristics of interval training.

.....  
.....  
.....  
..... (3)

(iii) What is the main difference between continuous training and interval training?

.....  
.....  
.....  
..... (1)

(iv) Husnara uses continuous training. What **type** of Athletics event might Husnara be training for?

..... (1)

(v) Name the method of training that Reena will use if she needs to train for a variety of different sports.

..... (1)  
**(Total 7 marks)**

**19.** Katie is a tri-athlete. When she competes her event involves running, cycling and swimming. She uses cross training to make sure she is fit enough for her sport.

(a) (i) What is meant by the term cross training?

.....  
.....

**(1)**

(ii) Why is this a good method of training for Katie to use?

.....  
.....

**(1)**

(b) Katie applies the F.I.T.T. principle to her training.

(i) What do the letters F.I.T.T. stand for?

F .....

I .....

T .....

T .....

**(1)**

(ii) How can Katie use each aspect of this principle to increase her fitness for her sport?

F .....

.....

I .....

.....

T .....

.....

T .....

.....

**(4)**

(c) It is important that Katie does not overtrain as this will lead to injury. State two other ways that Katie may avoid injury during training.

(i).....

.....

**(1)**

(ii).....

.....

**(1)**

(d) During exercise Katie's cardiac output increases, compared to when she is at rest

(i) What is meant by the term cardiac output?

.....

.....

**(1)**

(ii) The increase in cardiac output might be due to an increase in heart rate. What else is responsible for the increase in cardiac output?

.....

.....

**(1)**

(e) (i) Some athletes take illegal performance enhancing drugs to control their heart rate. Which class of drug will have a calming effect on a performer's heart rate?

.....

.....

**(1)**

(ii) A potentially harmful effect of another class of drugs is to increase heart rate. Name this class of drug.

.....

.....

**(1)**

(f) (i) Despite an increase in tidal volume Katie still experiences an oxygen debt as a result of her training. How could you tell by looking at Katie after training that she has an oxygen debt?

.....

.....

**(1)**

(ii) What is meant by the term oxygen debt?

.....

.....

.....

**(1)**

(g) During the swimming part of her event Katie uses her arms to pull her through the water.

Complete the statements below that relate to Katie's swimming stroke.

(i) Katie's arm enters the water in a straight position and then bends as it pulls through the water. The muscles of the upper arm that cause her arm to straighten

are the .....

**(1)**

(ii) The muscles in the upper arm that contract to bend her arm are the

.....

**(1)**

**(Total 17 marks)**

Student – Teacher Feedback:

| CIRCLE A FACE   | WHY?  |
|---|---|
|    | I am confident with these areas of this topic.....  |
|   | I am unsure on these areas of this topic.....       |
|  | I am struggling with these areas of this topic..... |