



G.C.S.E

PHYSICAL EDUCATION HOMEWORK

TOPIC: 1.2.1

PHYSICAL ACTIVITY AND YOUR HEALTHY MIND AND BODY

MARK	%	GRADE	IL
/ 58			
COMMENTS:			

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

NAME: _____

GCSE PE TEACHER: _____

1. Which of the following statements gives the **most** important reason for wearing the correct clothing when taking part in physical activity?

- A It gives you the opportunity to look good.
- B It gives you a psychological advantage over the opposition.
- C It reduces the chance of injury.
- D It is in the rules of the physical activity.

(Total 1 mark)

2. 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)

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

Statement 1	Statement 2
Stretching is the last part of the warm up.	Stretching is 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)

4. 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)

5. Which of the following is the correct definition of the term overweight?

- A having weight in excess of normal
- B having weight that makes you obese
- C being overfat
- D weighing 6 stone more than you should.

(Total 1 mark)

6. Some elite gymnasts have been found guilty of taking drugs to improve their performance. If a male gymnast took an anabolic steroid what aspect of health-related exercise would he hope to improve?

- A Power.
- B Speed.
- C Muscular strength.
- D Cardiovascular endurance.

(Total 1 mark)

7. Which of the following is a negative side effect of taking anabolic steroids?

- A Testicular atrophy.
- B Increased muscle mass.
- C Reduced aggression.
- D Unable to train for normal length of time.

(Total 1 mark)

8. 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)

9. Sporting activities present varying amounts of risks to those that take part.

Which of the following statements places the activities in the correct order so that the activity with the greatest risk is placed first?

- A Trampolining, rock climbing, badminton, dance.
- B Rock climbing, badminton, trampolining, dance.
- C Badminton, rock climbing, trampolining, dance.
- D Rock climbing, trampolining, badminton, dance.

(Total 1 mark)

10. Which of the following is used to balance competition?

- A Same body type.
- B Same sex.
- C Same task.
- D Same day.

(Total 1 mark)

11. The following words relate to body type:

- A mesomorph
- B somatotype
- C ectomorph
- D endomorph

Read the statements and decide whether A, B, C or D is correct.

Tend to be very muscular and good at explosive, powerful events.

(Total 1 mark)

12. The following words relate to body type:

- A mesomorph
- B somatotype
- C ectomorph
- D endomorph

Read the statements and decide whether A, B, C or D is correct.

These performers have a very slim build. They tend to be tall and thin and perform in endurance events.

(Total 1 mark)

13. This question relates to possible sports injuries/conditions and preventative measures that can be taken to reduce the chance of injury.

Read the statements and decide whether A, B, C or D is correct.

Statement 1	Statement 2
Concussion occurs due to dehydration	The risk of dehydration can be reduced by drinking water

- 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)

14. This question relates to possible sports injuries/conditions and preventative measures that can be taken to reduce the chance of injury.

Read the statements and decide whether A, B, C or D is correct.

Statement 1	Statement 2
Strains and sprains can happen if performers do not warm up properly	The warm up should physically and mentally prepare the performer for exercise

- 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)

15. Different sporting activities present different amounts of risk.

Select the statement A, B, C or D that places the activities in order of risk, with the greatest risk first.

- A Dance, Trampolining, Hockey, Badminton.
- B Badminton, Dance, Trampolining, Hockey.
- C Hockey, Badminton, Dance, Trampolining.
- D Trampolining, Hockey, Badminton, Dance.

(Total 1 mark)

40. A performer's weight will vary due to several factors.

State **three** factors other than diet that will affect how much a performer will weigh.

- (i) (1)
 - (ii) (1)
 - (iii) (1)
- (Total 3 marks)

41. Owais and his friend Melvin are 15 and are choosing their practical options for their GCSE Physical Education examination. Owais selects gymnastics as one of his activities, whilst

Melvin selects rock climbing. Both boys enjoy the physical challenge of their activities.

(i) Both Owais and Melvin's chosen activities involve risk.

Complete the table below.

- Give an example of a potential risk associated with each type of activity.
- Describe a way of reducing each potential risk.

You may only use each type of risk once.

Activity	Potential Risk	Risk reduced by
Gymnastics		
Rock climbing		

(4)

(ii) Other than gymnastics, name two **different** sporting activities that are considered to have less risk than rock climbing. Explain the risks associated with these activities. Make sure you state a different type of risk for each activity.

Activity 1

.....

Risk associated with activity 1

.....

Activity 2

.....

Risk associated with activity 2

.....

(4)

(Total 8 marks)

42. Owais and Melvin are both 'fit' for their activities. Owais the gymnast has a typical mesomorph body type, whilst Melvin the rock climber would be categorised as an ectomorph.

Complete the table below

- (i) describe each body type
- (ii) explain how the body type could aid the boys' performance in their chosen activities.

Body Type	(i) Description of body type	(ii) How their body type could aid their performance in their chosen activities
Mesomorph (gymnast)		
Ectomorph (rock climber)		

(Total 4 marks)

44. During training the diver in the figure below makes a mistake in her take-off for her dive and hits the board.



Complete the table below.

- (i) Name **two** different **types** of injury the diver could sustain as a result of this accident.
- (ii) Describe a sign/symptom of these injuries.

(i) Injury		(ii) Sign/symptom of injury
1		
2		

(Total 4 marks)

46. (a) When injured some performers may be tempted to take drugs to allow them to maintain their training.

(i) What type (class) of drug would a performer take to mask or hide pain?

..... (1)

(ii) State **two** reasons why performers should not take this type of drug.

Reason 1

.....
.....

Reason 2

.....
..... (2)

(b) If performers have taken an illegal drug they may also take diuretics. Why might a performer take diuretics if they are taking another type of illegal drug?

.....
..... (1)
(Total 4 marks)

47. Competitions are often balanced.

(i) Explain the term **balanced competition**.

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

(ii) State three ways that competition can be balanced.

1
.....
2
.....
3
..... (3)
(Total 4 marks)

54. What **extreme body type** (somatotype) is associated with elite athletes who carry out a lot of

(i) strength training

.....

(1)

(ii) continuous training

.....

(1)

(Total 2 marks)

58. Lucy is a fast runner and enjoys playing rounders.

(a) The figure below shows Lucy playing rounders, and preparing to hit the ball.



In order to hit the ball as far as possible, Lucy needs to rotate her arm back at the shoulder in order to get a good swing.

Which aspect of health-related exercise is this?

.....

(1)

(b) In the game, Lucy has to sprint between posts. If she sprints round all four posts she will build up an oxygen debt.

(i) What does the term 'oxygen debt' mean?

.....

.....

(2)

(ii) How does Lucy repay this oxygen debt?

.....

.....

(1)

- (c) (i) Lucy exercises regularly to increase her fitness.

State **one** way in which the muscular system is affected by regular exercise and the long-term benefit of this effect on the performer.

Effect of regular exercise

.....
.....

(1)

Long-term benefit to performer

.....
.....

(1)

- (ii) State **two** potential long term effects of regular exercise on Lucy's cardiovascular system?

1

2

(2)

- (d) It is important that Lucy does not over exercise as this may lead to injury.

State **four** other ways that Lucy may avoid injury during exercise.

1

2

3

4

(4)

- (e) Aside from preventing injury, give **two** reasons why it is important for Lucy to build rest into her Personal Exercise Programme.




1

2

(2)

(Total 14 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.....