

30 Day GCSE Physical Education Challenge

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 State the correct bone classification of the knee joint. (1)	2 Explain why there is a difference in the amount of oxygen and carbon dioxide in inhaled and exhaled air whilst the long distance runner is training. (4)	3 Lever systems are made up of four parts. One of these parts is the lever arm. State the other three parts of a lever system. (3)	4 Which blood vessels takes oxygenated blood away from the heart to the body? (1)
5 Warm-ups are an important part of preparing for activity. (a) Name the phases of a warm-up. (b) How each phase helps a performer prepare for activity. (6)	6 Eric is a 100m sprinter. He trains regularly using Fartlek training, plyometrics and sprint interval training. Evaluate the likely effects of these training methods on his fitness(9)	7 Name the muscle that works antagonistically with the hamstring. (1)	8 State one function of plasma. (1)	9 Examine how two different muscle fibre types are used by a 5000m runner and a hurdler during their race. (6)	10 Explain the term mechanical disadvantage. (2)	11 Which PED is an athlete most likely to take to increase oxygen delivery to their muscles? (1)
12 The vertical jump test measures leg power. Discuss the suitability of this test for a football player. (3)	13 Identify the practice structure from the description. 'Repeatedly practising a whole skill within a training session'. (1)	14 State the role of the gastrocnemius. (1)	15 Breathing enables gaseous exchange to occur at the alveoli. (2)	16 Hawani is a diver. Explain two ways mental rehearsal will improve Hawani's diving performance. (4)	17 Fitness testing is often used as a motivational tool. State two other reasons why fitness testing is carried out. (2)	18 Name the three components of the 'golden triangle' (3)
19 Using your knowledge of agility and reaction time, evaluate the importance of these components of fitness for 100m sprinters. (6)	20 Explain one advantage and one disadvantage of sponsorship for commercial sponsors of sport. (4)	21 Name the three macronutrients in a balanced diet (3)	22 Give one example of a physical health benefit of regular participation in physical activity. (1)	23 Explain how carbohydrate loading could improve an athlete's performance in this long distance event. (4)	24 Identify the type of synovial joint working at the shoulder. (1)	25 Describe the relationship between arousal and performance as shown in the inverted-U theory. (2)
26 One possible consequence of a sedentary lifestyle is obesity. Identify two other consequences of a sedentary lifestyle (2)	27 Mechanical and manual guidance can be used when practising in sport. Assess the advantages and disadvantages of using mechanical and manual guidance when teaching a beginner to swim. (9)	28 Describe the SMART targets of goal setting (5)	29 Athletes work at a percentage of maximal heart rate when training. How is maximal heart rate calculated? (1)	30 Which activity is most likely to decrease the risk of osteoporosis? (1)		

