

GCSE PE Challenge – Paper 1 (100)

1. Name the articulating (moving) bones in the following joints [4]
Shoulder:
2. Identify 5 Functions of the Skeleton [5]
3. Identify 2 types of Joint & Example [2]
4. Name the 6 Ranges of Movement with directional arrows [6]
5. Identify a Role of a Tendon [1]
6. Identify a Role of a Ligament [1]
7. Name 11 Main Muscles [11]
8. Name an Antagonistic Pair [1]
9. For each of the levers, identify their use in sport [3]
10. What are the 3 planes of movement and axis of rotation that match [6]
1,2,3...FLE
11. What are the 2 systems of the double circulatory system? [1]
12. What are the 3 different types of blood vessels? [3]
13. List the pathway of blood through the heart [5]
Lungs →
14. What is the formula for cardiac output? [1]
CO =
15. Identify the role of blood cells [2]
White:
16. Link the pathway of air through the respiratory system [2]
Nasal Passage
17. Name the 2 types of blood cells [2]
Red Blood Cells

17. Describe the differences between Aerobic &

Anaerobic Exercise with practical examples [2]

Aerobic

Anaerobic

23. Identify the 7 Training Methods [7]

18. Identify 3 Short Term Effects of Exercise [3]

24. What are the 5 components of a warm up [5]

19. Identify 3 Long Term Effects of Exercise [3]

25. Give 2 Reasons to Warm up [2]

20. Name 10 Components of Fitness [10]

26. Give 2 Reasons to Cool Down [2]

21. Identify 5 Fitness Tests [5]

28. Identify 2 Hazards & 2 ways to Reduce Risks [2]

22. Identify the Training Principles – SPORT & FITT [2]

TOTAL = /100

TIME =